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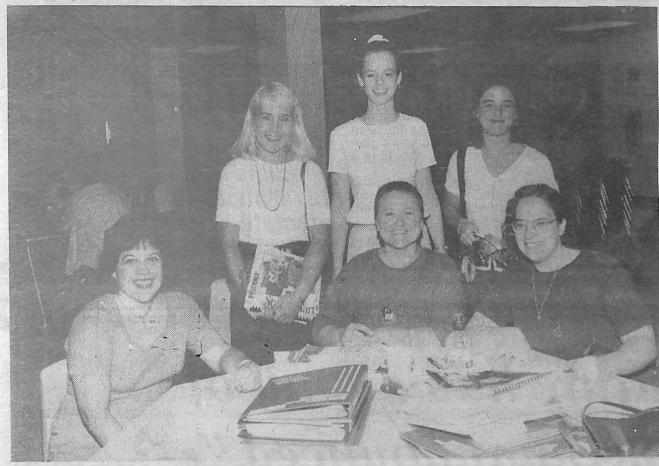


Volume XXI Number 35

"Your Hometown Newspaper"

September 3, 1998

Preparing For The "Big Day"...

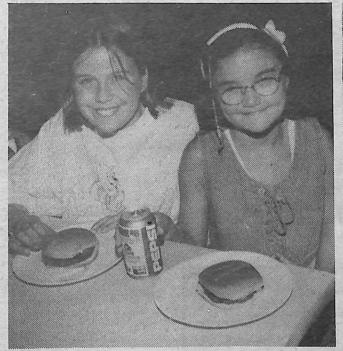


AT THE JUNIOR HIGH SCHOOL on Tuesday, September 1st — the day before the 1998-1999 school year begins in Agawam: Kirsten Dittenger, Bronwyn Monahan, Laura Wray, Deborah Marini, Susan C. Brown, and Christine Davis. (See additional photos in the "Education" section.) Advertiser News photo by Jack Devine.



READY FOR ANOTHER SCHOOL YEAR: Clark School Principal Sandra Howard, Dr. John Brosnan (Director of Special Services), and Director of Athletics Kathleen McSweeney. Advertiser News photo by Jack Devine.

St. John's "Parish Picnic" At VFW...



ENJOYING THEIR HAMBURGERS at the annual parish picnic for St. John the Evangelist Church: Jaclyn and Alyxandra O'Neill. Advertiser News photo by Jack Devine.



JUST "BARRELLING" ALONG!!! Jim Fenton (right) of Fenton's Athletic Supplies gave kids rides on a unique "barrel train" at St. John's annual parish picnic, held on Sunday, August 30th, at the Agawam VFW. (See story and additional photos in "Church News.") Advertiser News photo by Jack Devine.

Application Deadline Is September 15th...

Sixth "Citizens Police Academy" Set To Begin On September 22nd

by Kathy Cassanelli News Editor

Town residents or business owners interested in attending the Agawam Police Department's sixth Citizens Police Academy can pick up an application at the Police Station on Springfield Street.

The academy will be held on 10 consecutive Tuesdays from 7:00 to 10:00 p.m. in the Police Station's Community Room beginning September 22nd and ending on November 24th.

The class is limited to 15 participants, and the application deadline is September 15th.

Safety Officer (Sergeant) Steven Draghetti said he does not anticipate any problem filling the class, since the department has already received several phone calls from people interested in attending the fall session of the Citizens Academy.

Launched two years ago as part of the department's ongoing community policing initiatives, the Citizens Academy has been offering townspeople the chance to get a behind-the-scenes look at law enforcement issues in 10-week sessions offered in the spring and in the fall. Draghetti said the department plans to continue with the classes as long as there is interest from the public.

The classes are taught by off-duty police officers, allowing the department and the public to open lines of communication not possible when the officers are patrolling in police cruisers

the officers are patrolling in police cruisers.

Besides giving the officers an opportunity to interact with people in situations not brought about by crime or crisis, the classes have been an eye-opener for the public in terms of debunking some of the myths about police arrest powers. People are often surprised to learn of the limitations the police are working under, Draghetti said.

A Morale Booster For The Police...

For the police officers involved in presenting the class, the civilian academy has been a morale booster as the public has come to realize that their Police Department is more accessible than they might have thought. And, the department has learned that people often don't realize the extent of the services offered to the community by the Police Department, according to Draghetti.

The 10-week course gives people in the community an opportunity to talk with the officers, exchange ideas, and open up new lines of communication with the police officers.

munication with the police officers.

In addition to participating in classroom discussions, academy members will tour the Police Station and the Western Massachusetts Criminal Justice Training Center on South Westfield Street.

The classes will cover every aspect of police work from the dispatch desk to the investigative process used at crime scenes, and will include topics like juvenile issues, use of force and officer safety, patrol procedures, gang-related issues, and crime prevention strategies.

safety, patrol procedures, gang-related issues, and crime prevention strategies.

Since the program began two years ago, the curriculum has been refined using the critiques submitted by the town residents who have gone through the program.

While different classes may show a particular interest in one aspect of police work, the number one activity enjoyed most by the classes has been the Hogan's Alley where class members participate in a simulated search for suspects in a police operation, Draghetti said.

The class is open to town residents and business owners; applicants must be over 18. All applicants will be subjected to a basic background check, Draghetti said.

For copies of his photos in this edition, call Jack Devine at 789-0053.

Neal Announces \$75,000 Grant For Agawam Police Dept.

Congressman Richard E. Neal has announced that the U.S. Department of Justice has awarded a \$75,000 grant to the Agawam Police Department to hire additional law enforcement personnel. The Office of Communited Oriented Policing Services (COPS) approved the grant under the Universal Hiring Program (UHP).

Funding under UHP grants allows law enforcement agencies to help pay for the salary and benefits of new community police officers. Grants will be made for up to 75 percent of the total salary and benefits of each officer over three years, up to a maximum of \$75,000 per officer. Funding will begin once the new officers have been hired or on the day of the award, whichever is later, and will be paid over the course of the grant

All of the officers hired with COPS grants are used in community policing, a strategy that uses partnerships between law enforcement officers and the people they serve to solve crime problems. Many police chiefs, sheriffs, and criminal justice experts have credited community policing with contributing to the remarkable 13.9 percent decrease in crime rates the nation has seen between 1991 and 1996

ween 1991 and 1996.

"Community policing is reducing crime on the streets of Western Massachusetts. This grant will enable the Agawam Police Department to put additional law enforcement personnel on the streets and in the neighborhoods. With more community police officers, our cities and towns will continue to be safe places to live," said Neal.

Please remember that our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays.

"The future has a way of arriving unannounced."



- George F. Will

You want to be sure your family is secure - even when you can no longer be with them. Legally protect your loved ones by preparing your will now with an expert lawyer.

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Attorney Scott M. Hibbert

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In Opposition To Tennessee Gas' Request...

Three Councilors Voice Objections To Home Rule Override At DTE Hearing

by Kathy Cassanelli News Editor

They harbor no hopes of preventing the Department of Transportation and Energy (DTE) from granting Tennessee Gas Pipeline's request for ex-

emption from local zoning.

But, three Agawam Town Councilors are satisfied that they have done their best to inform the state agency of their opposition to the system allowing public service corporations to sidestep local zoning authorities by seeking state approval without going through the local permitting pro-

Last week, Council Vice-President Robert Magovern and Councilors Edward Caba and Gina Marie Letellier traveled to Boston to give testimony in the evidentiary hearings called to determine if Tennessee Gas on Suffield Street is eligible for an exemption from the town's zoning bylaw to remove an existing compressor station huilding and replace it with a new building on the same location.

The three councilors agreed that DTE Hearing Officer Peter Palica, as well as the other two members of the panel, did a thorough job in their questioning of Tennessee Gas representatives, especially in the area of noise abatement for the

Although testimony in the case concluded on Thursday, both Tennessee Gas and the councilors can submit written briefs to be included for the DTE's consideration. Tennessee Gas was asked to furnish the panel with more information on noise abatement by the end of this week.

Ms. Letellier said she plans to forward the information on noise levels to the residents living in a condominium complex near the proposed site who had raised concerns about noise at a public

hearing two months ago.

"I don't plan on submitting a brief," Ms. Letellier said. "Because the council hasn't taken a vote on a position, it would be a problem to submit a brief on the council's behalf. But, we can do something on behalf of the abutters if they want

Pleased With "Thoroughness" & "Latitude"... Besides being pleased with the thoroughness of the DTE panel's questions regarding noise and the features of the proposed building, Ms. Letellier said the Agawam contingent was pleased with the latitude granted them by the hearing officer in terms of extra time to examine documents. The hearing was slightly delayed while the councilors were stuck in traffic.

We went down to represent the town and let them know we were upset that Tennessee Gas would sidestep our local zoning authority without going through the town process before appealing to the state," Magovern said. "We're out there trying to take care of the town's interest and I feel badly that we had to do it. I think Tennessee Gas did a disservice to Agawam in forcing us to do

Caba said he told the panel the councilors were not opposed to the work Tennessee Gas is proposing, but to the way they are getting the

necessary permits for the project.

Our concern is that Tennessee Gas is making a right end run by our ordinances in not coming to the town first. I told them I thought if they'd come to the town, they'd be through the permitting process by now," Caba said. "We told them they could still come to the town zoning board and save themselves a lot of grief."

Caba said he also suggested that the DTE should be holding their hearings in the community where a project is being proposed so that residents can attend without losing a day of work or incurring the expense of traveling to Boston. "I took a vacation day to attend and I considerate it time well spent," Caba added.

Ms. Letellier said she argued that the project was not necessary for the convenience of the

was not necessary for the convenience of the public because Tennessee Gas said it was solely necessary to feed the Berkshire Power plant.

Routinely Chooses State Permitting Process... At a public hearing in June, Tennessee Gas

representatives said the company routinely chooses to go through the state permitting process, rather than go through local town boards. Company officials say this is done as a business decision based on cost, convenience to the company, and the expectation of being held to standards that are consistent across the state.

Twice before, the company sought and received zoning exemptions from the state with no objec-

tions from Town Council.

The company wants to replace a building constructed of asbestos material with a structural steel, sound-insulated building to house a new gas compression unit necessary to supply natural gas to the Berkshire Power plant under construction on Moylan Lane. The new Tennessee Gas building would be basically the same size as the old building and would be constructed on the same foundation.

Critics of the plan have had few complaints about the building itself. Rather, opposition has been focused on the way Tennessee Gas is getting the necessary approvals for the project and

for its association with Berkshire Power.
Tennessee Gas is owned by El Paso Energy, a partner in the Berkshire Power project.

Last fall, Berkshire Power succeeded in obtaining an exemption from local zoning from the Department of Public Utilities, now the DTE, ending a two-year court battle between the power

developers and power plant opponents.

After a DTE public hearing at the Middle School in June elicited objections to the override process from several town residents, primarily opponents of the Berkshire Power project, and from six Town Councilors, the council voted unanimously at its July meeting to seek the status to intervene in the

As intervenors, the individual council members had the right to present evidence and crossexamine witnesses and they have the right to appeal the DTE's decision to the Supreme Judicial Court.

BACK-TO-SCHOOL SUBSCRIPTION OFFER for new -subscribers only: buy one at full price for \$20 (good from September 1, 1998 to June 30, 1999), send a second subscription to a friend or neighbor for FREE. Offer ends September 14,

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So don't go it alone, turn to your neighbor -- Canary Blomstrom.

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— Agawam Obituaries

John J. Ziter

John J. Ziter, 86, of 350 Meadow Street, Agawam, died at Springfield's Mercy Hospital. He co-owned the Rapids Restaurant in Hun-

tington and Red Fez Restaurant in Chicopee, and the Ryan Court Garage and Gasoline Station in Springfield. He retired in 1980

He was born in Connelisville, Pennsylvania, and moved to Springfield. He was graduated from Trade High School, and moved to Agawam in

He was an Army private in World War II, and a community of St. Anthony's Maronite Catholic

He was a fourth-degree member of the Archbishop Williams Knights of Columbus General Assembly, and belonged to Elks Lodge 61 in Spr-

His wife, Mary (Saba) Ziter, died in 1966. He leaves two daughters, Linda Mowad of Prospect, Connecticut, and Frances Ziter of Agawam, and two grandchildren.

The funeral was held at the Forastiere Funeral Home of Springfield and the church, with the burial in St. Michael's Cemetery.

Memorial contributions may be made to the church building fund at 419 Island Pond Road, Springfield, MA 01118, or St. Jude's Children's Hospital (memorials), 505 North Parkway, Memphis, Tennessee 38105.

Rose Kwolek

Rose (Capuano) Kwolek, 93, of Agawam, died in local nursing home.

She was a seamstress for Carter Co., and an assembler for R.E. Filon Co.

She was born in Springfield, and lived in

Agawam for many years.
She worshipped at St. John the Evangelist Church, and was a gold member of the Senior

Her husband, Frank S. Kwolek, died in 1982. She leaves a sister, Stella Symanski of Agawam, and a nephew and niece.

The funeral was held at Colonial-Forastiere Funeral Home and the church, with the burial in Center Cemetery.

Ethel F. Dumond

Ethel F. (Lamica) Dumond, 82, of 19 Fruwirth Avenue, Agawam, died at Mercy Hospital in Springfield.

She was born in West Springfield and had lived in Agawam for 50 years.

She was a communicant of Sacred Heart

Church and a charter member and past president of the Rosary Alter Society.

She was also a member of the Pheasant Hill Social Club, the Golden Agers' Club (Chapter II), the Polish-American Women's Auxiliary, and the Friends of the Agawam Senior Center.
She leaves a son, Enest E. Jr. of Spotsylvania,

Virginia; a daughter, Janice Ryan of Feeding Hills; eight grandchildren; and six great-grandchildren.
The funeral was held at Agawam Curran-Jones
Funeral Home and in the church, with burial in

Springfield Street Cemetery.

Memorial contributions may be made to the American Lung Association, 393, Maple Street, Springfield, MA 01105, the Greater Springfield Kidney Patient Association, P.O. Box 4426, Springfield, MA 01101, or to Sacred Heart Church, 1103 Springfield Street, Feeding Hills, MA 01030.

Claire "Kay" DeCosmo

The Memorial Service and Mass for Claire "Kay" DeCosmo of 17 Ruth Avenue, Agawam, who died Saturday, August 29, 1998 at Baystate Medical Center after a long illness, will be held Saturday, September 5th at 12:00 noon at Sacred Heart Church, 395 Chestnut threet in Springfield.

She was a receptionist at the Academy of Ar-

tistic Performance Dance Studio for 20 years.
She leaves her husband, Carmelo J. DeCosmo;
two daughters, Nancy Locke and Patricia Beaudette of Agawam; three sons, Ted DeCosmo of Vero Beach, Florida; Thomas DeCosmo of Agawam, and Danny DeCosmo of Suffield, Connecticut.

She leaves 10 beloved grandchildren. She also leaves three sisters, Nita Green of Suffield, Connecticut, Loretta Hart of Tampa, Florida, and Irene Freud of Denver, Colorado.

There are no calling hours. The Mass will be an open service and burial will be at the convenience of the family. In lieu of flowers, please make memorial contributions in her name and honor to Dana Farber Cancer Research, c/o Dr. Bruce Chabner, Massachusetts General Hospital, Cox 6, 55 Fruit Street, Boston, MA 02114.

Harold M. Fischer

Harold M. (Hal) Fischer, 78, of 55 Emerson Road, Agawam, died at Olympus Specialty Hospital in Springfield.

He was a cameraman and producer for Baystate Films for 30 years. After retirement, he was a courier for DeForest Associates of Wilbraham, and conducted in-store demonstrations for Stop & Shop Corp. and other stores in Greater Springfield.

He was born in Hartford, and lived in Agawam for 30 years.

He retired in Yankeetown, Florida, and returned to Agawam 12 years ago. He was an Army Air Forces veteran of World

He leaves a son, Lewis of West Roxbury; a daughter, Anne Marie Fisher of West Springfield; and a brother, Arnold of Naples, Florida.

A memorial service and burial will be scheduled, and Colonial-Forastiere Funeral Home is in

charge of the arrangements. Memorial contributions may be made to the Western New England Visiting Nurse Association, 50 Maple Street, P.O. Box 9058, Springfield, MA 01102-9058, or the Salvation Army, 984 West Columbus Avenue, Springfield, MA 01105.

Margaret Nicol

Margaret (Thompson) Nicol, 92, of 608 Main Street, Agawam, died in a local nursing home.

Born in Scotland, she came to this country in 1919, and lived in Chicago, Illinois, for many

She was a reporter and writer for The Chicago Tribune for 43 years, and retired in 1960 to Martha's Vineyard.

She moved to Florida in 1976, and to Agawam in

Her husband, David Nicol, died in 1981. She leaves her long-time companion and nurse,

Lee E. Romer of Fort Lauderdale, Florida. A memorial service has been scheduled in Fort Lauderdale, and Agawam Funeral Home is in charge of the arrangements.

Etola F. Spencer

Etola F. (Glynn) Spencer of Agawam, died in a local nursing home.

She was a 25-year secretary for Monsanto Chemical Co. of Springfield, and retired in 1966. She also worked at the Springfield Armory during

World War II. She was born in Stonington, Connecticut, and spent most of her life in Springfield, where she attended the South Congregational Church.

Her husband, Herbert Spencer, died in 1935. She leaves three sons, Herbert (Bob) of Bridgeport, Connecticut, Richard of Eastham, and Donald of Jefferson, Georgia; four grandchildren; and great-grandchildren.

The burial was held in Hillcrest Park Cemetery in Springfield, and Hafey East Longmeadow Chapels was in charge of the arrangements. Memorial contributions may be made to any chari-

Michael J. Cirillo

Michael J. Cirillo, 35, of 643 Springfield Street, Feeding Hills, died recently at home.

He was an assistant manager at Harvest Valley

Restaurant in Easthampton. He was born in Springfield, and was a resident of the Agawam/Feeding Hills area for most of his

He leaves his brother, Timothy DeCamp of Agawam, and three sisters, Linda Barnard and Brenda Cirillo, both of Feeding Hills, and Joanne Raymond of Hyannis.

The funeral was held at Colonial-Forastiere Funeral Home in Agawam, and the burial was

Memorial contributions may be made to the AIDS Foundation, P.O. Box 3040, Springfield, MA 01102-3040.

LEGAL NOTICE

LEGAL NOTICE

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, September 10, 1998 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, Mass. The purpose of this meeting will be to hear the Request for Determination of Applicability for Legere for property located at 39 Doloris Lane.

By Order of Henry A. Kozloski, Chairman **Agawam Conservation Commission** Published: September 3, 1998

LEGAL NOTICE

LEGAL NOTICE

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will hold a public hearing on Thursday, September 10, 1998 at 7:45 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Balzers Tool Coating for work to be performed on Abrahms Drive, subject to the Massachusetts Wetlands Protection Act.

By Order of Henry A. Kozloski, Chairman Agawam Conservation Commission Published: September 3, 1998



"It takes a special kind of guy to make a mum famous. And anyone who knows Bobby knows that he's that guy. Yes, Bobby's Famous Mums are back! Exactly how he made them famous remains the source of some controversy, but they are famous nonetheless. So famous, in fact, that our advice to you is: buy them now, while you can-they seem to disappear faster and faster every year."

E. Cecchi Farms 1131 Springfield Street Feeding Hills

"Everything you'd grow if you had 40 acres."

Melconian Announces Victory For State's **Antique Auto Dealers**

Senate Assistant Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce the passage of a long-overdue measure to help an-

tique car owners in Massachusetts.
With the signing of this new law on August 7,
1998, Massachusetts joins the other 49 states in
the Union in creating an automobile insurance ex-

emption for antique cars.

Owners of these cars, which by statute can only be driven in parades and other functions of public interest, have long had to insure them in the same manner as regular autos. The law is expected to considerably lower the cost of auto insurance for the more than 12,000 Massachusetts residents who currently own antique cars.

"I've always tried to put auto customers first," said Melconian. "This law does that by fitting the specialized needs of antique auto owners."

The new law further benefits owners by allowing their automobiles to be insured for their actual

value, rather than their blue book value.

Because the blue book estimates the value for all cars of a certain make, model, and year, it does not accurately reflect the special and sometimes unique value of antique autos. Owners will now be able to deal directly with antique auto insurers who have expertise in the valuation of antique

"Reducing costs and increasing value for the consumer is one of the goals of all legislation," Melconian said. "I was glad we could accomplish it here.'

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM PUBLIC HEARING

You are hereby notified that a public hearing will be held at the Agawam Middle School, 68 Main St., in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Tuesday, September 8, 1998 upon petition of Western Mass. Electric Company dated July 14, 1998 for permission to: install third feeder at Bowles Park and install new underground three phase primary and new hexunderground three phase primary and new hex-

Amber Lee Conte Completes Internship With Rep. Keenan

Amber Lee Conte, a resident of Feeding Hills, has just completed a summer internship with

State Representative Daniel F. Keenan.
Amber worked in both Rep. Keenan's district office in Agawam and the State House office. She assisted Rep. Keenan with daily activities, including answering constituent requests, responding to correspondence, and completing special

ding to correspondence, and completing special projects.

"Amber's energy and enthusiasm were an asset to the office. From day one, she was a contributing member of the staff while also learing about state government," Keenan stated.

Amber was graduated from Agawam High School's class of 1998 in June. She has participated in Agawam High School's varsity soccer, basketball, and softball programs, and was captain of all three in her senior year.

She was also the editor-in-chief of the 1998 SACHEM yearbook, a member of the National

SACHEM yearbook, a member of the National Honor Society, and the Quill and Scroll National Honor Society.

This fall, she will be attending Suffolk University in Boston and will be playing both basketball and softball

Amber is the daughter of Louis & Deborah Conte, and the granddaughter of Frank & Anne

Caroleo, and Joseph & Rita Conte.

"It's a great job and a wonderful learning experience," Amber added.

hole in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 7th day of August, 1998.

Information regarding this petition may be obtained from Western Mass. Electric Company in Springfield. Tel. No. 785-5871.

Springfield, Tel. No. 785-5871. Petition No.: DRG No. 1356.

Street: General Abrams Drive & Bowles Park **Ursula Retzler** Clerk of the Council

Published: September 3, 1998



STATE REPRESENTATIVE Daniel F. Keenan with his summer intern, Amber Conte of Feeding Hills.

We Are

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Paul Bickford

786-1127 786-1128

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Enjoy A Variety Of Dishes Selected By Our Chef For \$6.95. Entrees Include Soup & Salad, Vegetable, Rolls And Butter.

Early Bird Specials

Mon.—Thurs., 4:00 - 6:00

You Still Can Enjoy Fine Italian Cuisine Made With Only The Finest Quality Ingredients For Under \$10.00. We Feature Delicious Veal, Chicken, Beef And Seafood Entrees Cooked To Your Liking.

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Veterans' Corner...

Returning To U.S.A. After Overseas Trip Makes One Proud To Be An American

by Ruth C. Bitzas Veterans' Agent — 786-0400, Ext. 236/237

After a wonderful vacation in Greece, it's great to be back in the U.S.A. This was my third trip abroad, and I always return with the same feeling as I come through customs and am welcomed to the U.S.A.; my response is always the same - "I

could kiss the ground!"

As you make your way to the baggage department and see a full wall mural of the American flag, a lump wells up in your throat knowing you're

"proud to be an American."

VETERANS' CEMETERY - Mr. Paul Morin,
Superintendent of the Holyoke Soldiers' Home, and Mr. Robert McKean, Director of State Veterans' Cemeteries, extend an invitation to an informational forum and update on the new Veterans' Cemetery in Agawam which will be held at the Soldiers' Home in Holyoke on September

The half-hour program will start at 8:30 a.m. The program will include artist renderings and a question-and-answer session about the new perpetual care facility.

Before and after the program, veterans may receive information and pre-applications for the State Veterans' Cemetery projects. In addition, Soldiers' Home staff will be handing out information about enrolling at the Home for out-patient or long-term care services.

Veterans interested in any of these services should bring their separation papers.
PAYMENT AND REIMBURSEMENT OF BURIAL

EXPENSE - Language contained in the outside section of the recently passed FY99 State budget and signed by the Governor authorized an increase in the maximum allowed for the cost of a funeral and burial for indigent veterans. THE EF-FECTIVE DATE OF THE PASSAGE IS 7/1/98.

The law previously allowed \$1,100 toward a funeral costing no more than \$1,500. The new

I just need to

keep busy."

any people have the wrong ideas about what to do after

suffering a death in their lives. The

feeling of loss doesn't diminish just because you're working hard to put

it out of your mind

call us at 525-2800.

change in the law provides that the cost of the funeral cannot exceed \$3,000. The State will pick up \$2,000 of the cost.

In addition, the undertaker may file for any available VA benefit to cover the cost of the remaining \$1,000. Massachusetts decided after the Civil War that veterans having served their country would not be pauperized and would be entitled to a decent funeral and financial and medical assistance provided under Chapter 115 M.G.L. based on eligibility guidelines contained in State Directive 108 CMR., through their local Veterans' Services Department

QUOTE OF THE WEEK - "Veterans - no other group in America is more deserving of assistance toward an improved quality of life; they are the ones that secured such a life for the rest of us."

WORLD WAR II HONOR ROLL LIST - This week's list contains Agawam veterans whose last names begin with "N" and "O."

Once again, we need your help! If there's a name you think should be on the list, please contact the person or contact our office; we're trying our best to have as accurate a list as possible. Additions to a bronze plaque are not a pretty sight.

We appreciate your help. If you have any questions, call Veterans' Services at Agawam Town Hall, 786-0400, ext. 236 or 237.

WORLD WAR II HONOR ROLL - "N" & "O"

Edward S. Nacewicz, Fred Nardi, Raymond Nardi, Frank P. Natale, Robert C. Needham, Raymond P. Negrucci, Robert A. Negrucci, Dorothy E. Neill, Earl J. Neill, William C. Neill, Edward H. Neilson, Arthur D. Nelson, Charles G. Newell, Charles R. Noble, H. Neiler, H. Neilson, H. Nelson, H. Wesley H. Nutbrown.

Frank O'Krongly, Jr., Kenneth M. Oliver, Ralph M. Oliver, Robert C. Oliver, William H. Oliver, Dominick A. Oliveri, Charles Oski.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, SEPTEMBER 10, 1998 at 6:30 P.M., for all parties interested in the appeal of MICHAEL A. GASTEYER, who is seeking relief (Variance) from Section 180-34, Paragraph B of the Zoning Ordinances, which would allow for the construction of a single family residence with less than the required rear yard at the premises identified as: 23-25 KANAWHA AVENUE.

Doreen Prouty Acting Chairperson

Published: September 3, 1998

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AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will hold a public hearing on Thursday, September 10, 1998 at 7:30 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Thomas Russo, Jr. for work to be performed off of Garden Street and Franklin Street Extension (Logan Woods Estates), subject to the Massachusetts Wetlands Protection Act Wetlands Protection Act.

By Order of Henry A. Kozloski, Chairman Agawam Conservation Commission
Published: September 3, 1998

LEGAL NOTICE

LEGAL NOTICE

LERSSOANS

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, September 10, 1998 at 7:00 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, Mass. The purpose of this meeting will be to hear the Posterior for Determination of Applicability hear the Request for Determination of Applicability of Leclair for property located at 16 Lawnwood Street.

By Order of Henry A. Kozloski, Chairman Agawam Conservation Commission Published: September 3, 1998

Check our classified ads in each edition of The AAN...

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The Forastiere Family Funeral Homes believe you should have a

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(30 Pk. Cans)

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Plus Deposit



Coors

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From First-Hand Experience...

Agawam Teens Gain New Insight Into Ireland's Culture

by Kathy Cassanelli News Editor

Northern Ireland. For most Americans, the words conjure up a place where Catholics and Protestants hate each other and sectarian violence is common place.

But, most Americans have never been to Ireland and their ideas about the country come secondhand through newspaper and television coverage of horrifying acts of terrorism committed by extremists on both sides.

Three Agawam teens have different ideas about Northern Ireland after spending three weeks this summer living with Irish families in Portadown and Dungannon, towns not far from Belfast

When they recently got together to reminisce about their trip, they spoke of the warm welcome they received from their Irish hosts, the beauty of the countryside, and the fun they had camping, hiking, visiting historic sites, and having a

barbecue with their new friends.

Ryan White and David Cassanelli, both 1998
graduates of Agawam High School, and AHS senior Shelley Rose were among a group of nine student members of the Feeding Hills Chapter of Operation Friendship visiting four different European countries.

The three friends found more similarities between themselves and their Irish hosts than differences, and they discovered that Irish Catholics

and Protestants can and do get along.

"The families in OF were a mix of Catholics and Protestants, but we didn't talk about differences like that," David said. "The kids were the same as us. They were kids. Dublin and Belfast were not all that different, except they used punts for currency

in the south instead of British pounds."

Highlights of the trip include wet bouldering (donning a wetsuit and jumping off boulders into a very cold river), the Giant's Causeway (a volcanic formation of identical, pentagon-shaped stones), becoming an "Over the Bridge Expert" at Carrick-a-Rede (a rope bridge spanning a 20-meter gap between two 75-foot-tall cliffs), going to clubs and just hanging out with their new friends.

clubs, and just hanging out with their new friends.
"The countryside was so green with rolling hills
and few trees. Most of the coastline was sheer

cliffs with the mountains going right into the ocean. I'd never seen anything like it," Ryan said.

Would Love To Go Back For Another Visit...

All three enthusiastically agreed they would love to go back for another visit, despite the fact that a car bomb killed 28 and injured more than 200 people in Omagh, a town they had all visitied and Shelley had passed through nearly every day,

and Shelley had passed through nearly every day, just days after they returned home.

"My Irish host, Johnny, called me after the car bomb to let me know everyone we know was safe. He told me people were watching the news and crying and everyone was sad," Ryan said. "I got the impression that they were more upset than scared because they'd been going there all their lives and this was a terrible tragedy."

Ironically, another act of terrorism served to diffuse the sectarian violence threatening to cancel the OF trip to Northern Ireland just days before their July 16th departure. The firebombing deaths of three young brothers in Balleymoney had a dramatic effect on averting the violence many feared would accompany the annual parades of the Protestant Orangemen, particularly in Portadown.

Phone calls, e-mails, and faxes kept families informed as the situation changed on a daily basis during the week preceding the trip. Anxious messages passed between OF in Ireland and OF American headquarters in Indiana, as well as between the three Feeding Hills families and their host families in Ireland (as the decision was made

to continue with the trip as planned).

All three families were assured that the areas where the students would be living and the itinerary for their sightseeing and recreational activities were far from any of the contentious areas

where violence might erupt.

Parents' Doubts Were Relieved...

While relying on officials of the OF International board to make a decision based on the safety of the students, the parents' doubts were relieved after direct contact with their Irish host

Members of OF for the last 12 years, Kathy &



NINE MEMBERS OF THE Feeding Hills Chapter of Operation Friendship who spent three weeks in various European countries this summer; back row - Jon Couture, Ryan White, Greg Jubinville, David Cassanelli, and Sarah Bates; front row - Darcy Bates, Jennifer McGuire, Shelley Rose, and Nicole White. Advertiser News photo by Jack Devine.

Bill Rose have had the usual worries as their three children each traveled twice with OF groups, but this was the first time they had real concerns about the trip.

"We felt better after Shelley's host mother called us," Mrs. Rose said. "She told us, 'We're just a normal Irish family at home watching a video. Our country is not like what you see on television."

Operation Friendship is an international organization promoting student exchanges between American families and families in eight European countries. The program runs in a twoyear cycle.

In the first year, an American student will host a foreign visitor before traveling in an exchange program with a European OF chapter the following year. Both the U.S. and European chapters plan a hectic, three-week schedule of activities for their guests, including visits to historic and

cultural sites, family outings, and a camping trip.
While the European chapters of OF send their students as a group to spend their three-week visit in the U.S., the OF America national board puts together groups of students from OF chapters in Indiana, New Jersey, and New England for their foreign travel in order to give the teens the opportunity to make friends from other

parts of this country as well as in Europe.

Also traveling as OF delegates this summer were Greg Jubinville, Sarah Bates, Jennifer McGuire, and Nicole White, who traveled to Lockerbie, Scotland; Jon Couture, who visited Edinburgh, Scotland; and Darcy Bates, who went to Veenendaal, Holland.

Check our classifieds in each edition...

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23 Southwick Street, Feeding Hills, MA (413) 789-3070 (Directly Across The Street For Their Previous Address)





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"Intergenerational Day Camp" At Heritage Hall West







ADVERTISER NEWS

Open

ON FRIDAY, AUGUST 21ST, Heritage Hall West was the site for the closing ceremonies of the "Seniors and Sprouts Intergenerational Day Camp." In photo directly above, the day camp's young participants proudly wear medals that they received during the closing ceremonies. In top right photo: Cathie Lodge and resident Rose Garneau (who performed the ribbon-cutting ceremony). In bottom right photo: Monica Caldwell performs for the "seniors and sprouts" in attendance. Advertiser News photos by Jack Devine.

BACK-TO-SCHOOL SUBSCRIPTION OFFER for new subscribers only: buy one at full price for \$20 (good from September 1, 1998 to June 30, 1999), send a second subscription to a friend or neighbor for FREE. Offer ends September 14, 1998.

New Ownership

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Tuesday and Wednesday nights,

6 magnificent tables to play on.

SPORTS PUB & GRILL

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Come and watch all your favorite sports teams. We have NESN ... NASCAR races.



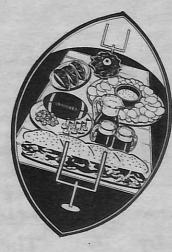
September 7th-

Free Pool *

6 p.m. to 11 p.m. —

"Monday Night Football" starts 8:15 p.m. Free halftime pizza buffet every Monday night!

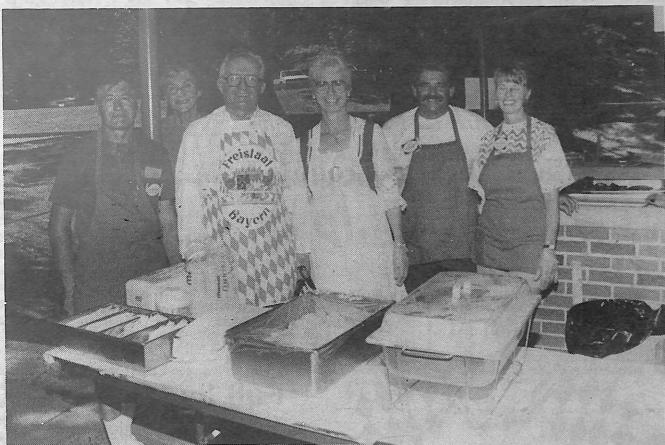
"Checkards" is the new place to be...



Highlights From "Oktoberfest '98"



THE HAPPY FACES of the men and women who comprised the committee behind "Oktoberfest '98," which was held on Saturday, August 22nd, at the Springfield Turnverein on Garden Street, Feeding Hills. Advertiser News photo by Jack Devine.



READY TO FEED THE HUNGRY CROWD at "Octoberfest '98": Kurt Walther, Bernice Beck, Erwin Schwarz, Maria Schwarz, Louis Buoniconti, and Janet Hadden. Advertiser News photo by Jack Devine.

LEGAL NOTICE

AGAWAM TOWN COUNCIL AGAWAM, MA

LEGAL NOTICE

The Agawam Town Council will hold a Public Hearing on Sept. 8, 1998 at 7:30 p.m. at the Agawam Middle School, 68 Main Street, Agawam, MA, on the application of Berkshire Power Company for a license to keep, store for personal use/or resale of petroleum products in underground tanks or above ground not to exceed 500,000 gallons at 31 Moylan Street in the Town of Agawam, MA.

Richard M. Theroux, Town Clerk Published: September 3, 1998



STEPHANIE OBUE (age 9) and JENNA WARD (age 4) have their faces painted by "Daisey" and "Mimi." Advertiser News photo by Jack



"CHATTING" with each other at "Oktoberfest '98": Joe Franson, Carlton Vogt, and Melissa Petersen. Advertiser News photo by Jack Devine.



HELPING OUT at "Oktoberfest '98": Ruth Gillan, Doris Vogt, and Ellen Ruban. Advertiser News photo by Jack Devine.



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"Pot Luck" Mtg. For Aviation Association



LU AND JERRY PARCHICK-CALLEY recently held a tasty pot luck get-together for aviation enthusiasts as well as private pilots. All are members of the Western Massachusetts Aviation Association, which is open to be adults and young people. Upcoming events for the group include an October 11th bus trip to the old Rhinebeck Aerodrome in New York, and an October 15th meeting at the Captain Leonard House at 7:30 p.m. Call 786-6463 for further information. Advertiser News photo by Jack Devine

Friday Morning Storytime To Begin September 18th At Agawam Library

The Agawam Public Library cordially invites local preschool childcare and education providers to participate in a Friday morning storytime series beginning September 18th at 10:00 a.m.

The series, hosted by library staff member Judy Clini, will offer stories, crafts, and a playtime each week from 10:00-11:30 a.m. Co-sponsored by the Agawam Community Partnership for Children, these programs are specifically targeted for Agawam and Feeding Hills childcare providers and all of the toddlers and preschoolers in their care.

Register in person or call the library at 789-1550

Westfield Theatre Group's Youth Troupe To Stage "Cinderella: The Truth" In September

The Westfield Theatre Group, a department of the Westfield Woman's Club, is pleased to announce that its youth troupe, "ACTING OUT," will perform "CINDERELLA: THE TRUTH."

Written and directed by Kathi Palmer, this show will give everyone the real story. We have all been led to believe that Cinderella was a hard working, loving child with a wicked stepmother and two horrible stepsisters. This show gives the audience

The show marks the beginning of the 1998-1999 season for the Westfield Theatre Group and hopes to get the season off to a fun-filled family start. The show includes some 30 children from Westfield and the surrounding area, some resident WTG members, and some new faces to

the WTG stage. Cinderella will be played by Sarah Colson of Southwick, with Jess Wisniowski as her step-

mother, and Minna Roussi and Catherine Smith as her stepsisters. The King is played by Derek Wood, the Queen by Katie Whalen, and the Prince by Robert Smart. Other returning members to the WTG stage include Diane Berthiaume, Tricia Hatch, Andrew Ott, and John Farrell. Newcomers include Nora Natch, Sean Smith, Katy Ott, and Adam Ware. Helen Dunk will play the Godmother

and Kevin Berube plays Lester, the court jester.

Show dates are Friday and Saturday,
September 11th and 12th at 7:30 p.m. with a
matinee on Saturday, September 12th at 2:00 p.m.
Performances will be held at the Westfield
Woman's Club, 28 Court St. Ticket prices are \$5 for adults, \$3 for students and seniors.

This is a great family show and we encourage everyone to come out and attend. If you wish to make a reservation, please contact the Westfield Theatre Group at 572-6838.

Myths About Heart Disease



Truth

Myth Heart disease no longer represents a serious threat.

Truth Coronary heart disease is the single largest killer of American males and females.

Myth If a heart attack doesn't kill you, you'll recover and be fine. Truth Survivors of the acute stage of heart attack have a 2-9 times higher chance of illness and death than the general population.

© 1998, American Heart Association



GLENN A. VREELAND & FELICIA FARA

Felicia Fara **Engaged To Wed** Glenn A. Vreeland

Mr. & Mrs. Ray "Sam" Circosta, the former owners of the well-known "A Lil Bit of Italy," announce the engagement of their daughter, Felicia

Fara, to Glenn A. Vreeland.

The Circostas, now residing at 201 Gillette
Avenue in Springfield, are planning a March 13,
1999 wedding at the family's church, Jubilee

Family Outreach in West Springfield.

Glenn is the son of Mrs. Jacoba Vreeland of Springfield and Mr. Paul Vreeland of Hartford,

Connecticut.

The future bride attended Agawam schools and graduated from Springfield Christian School. She attended Holyoke Community College and is currently attending STCC in early childhood development. She also is an ongoing student at Calvary

The future bridegroom graduated from Putnam Vocational High School. He served three years in the U.S. Army, and three years in the Air National Guard at Barnes Air Force Base in the 104th

Fighter Wing.

Glenn is employed as an electronics technician at Milletec Corporation in South Deerfield. Felicia is employed by the Jewish Community Center of Springfield as a lead counselor for their East Longmeadow site (called C.A.P.).

Both Felicia and Glenn are serving together in the Ministry of Helps at the Jubilee Family Outreach Church in West Springfield.

A.R.E. To Host State Rep. Dan Keenan As Its Guest Speaker

On Tuesday, September 15th, State Representative Dan Keenan will be the guest speaker at the Agawam Retired Employees (A.R.E.) general meeting. The meeting will be held at Quail Run Estates, Cardinal Drive (off Cooper Street), Agawam, at 10:00 a.m.

Representative Keenan will speak about the breakup of Hampden County and its ramifications for Agawam. Included in this broad topic will be a discussion of the COLAs, the future uses of the land formerly held by the county, and any other items of interest to the membership.

Additionally, the Board of Directors will present the Bylaws, the Articles of Organization, and the Annual Report to the membership prior to apply-

ing to the state for official status.

Following the meeting, the staff of Quail Run will conduct a free tour of their beautiful facility for our group.

Please join us for this interesting, important, and diverse program. New members are welcome at any time.

* * *

the hometown news with us, each and every week - ADVERTISER NEWS

Agawam Chapter Of UNICO Holds Summer BB



THE STEPANIK FAMILY at the Agawam UNICO barbecue: standing - Bill and Richard, Jr.; seated - Alice and Richard, Sr. Advertiser News photo by Jack Devine.



AGAWAM UNICO MEMBERS Vin Gallerani, Frank Chriscola, Dick DiLullo, and Frank Morassi at the "watermelon table" at the club's barbecue on Sunday, August 23rd. Advertiser News photo by Jack Devine

Ag. Senior Center's Weekly Lunch Menu

Monday, September 7th: Labor Day (Senior Center closed).

Tuesday, September 8th: Baked chicken breast, scalloped potato, zucchini, whole wheat bread, applesauce.

Wednesday, September 9th: Meatloaf with gravy, sweet potatoes, green beans, Canadian bread, cookies.

Thursday, September 10th: Pork cutlet ! with gravy, mashed potatoes, corn on the cob, whole wheat bread, pineapple.

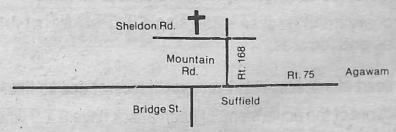
Friday, September 11th: Baked fish, rice Pilaf, peas, oatmeal bread, chocolate pudding with topping.

(Menu subject to change without notice.)



THE ENTHUSIASTIC "PIT CREW" at Agawam UNICO's August 23rd barbecue. Advertiser News photo by Jack Devine.

New name, but same message: Church of the Apostles is now the New Life **Christian Church**



Reverend Peter Monahan (860) 668-4444 Or (413) 786-8735



701 Main Street **Agawam Center** (413) 789-0812



\$89,900 New listing! Set back from the road - nice 6 rm. Cape near Robinson Park. 786-6150 Kathy Ayre

Colonia **AGAWAM**

Beautifully remodeled Colonial, vinyl sided, rplc. wdwds., cherry kitchen, hdwd. flrs. 789-0812 Cindy Ayre

Beautiful



Open floor Contemporary Cape, panoramic view, large wrap deck. 789-0812

Kathy Ayre 786-6150



1st floor 2 BR garden end unit in Beekman. 789-0812 Kathy Ayre 786-6150



AGAWAM \$179,900 Stroll thru the park - custom twisted saltbox, 2.5 bths., 2 flpcs., IG pool. 789-0812 Anne DePalma



Kathy Ayre

786-6150

location! Reduced!

789-0812

UNICO's BBQ At The Polish Club...



STATE SENATOR LINDA MELCONIAN with UNICO members Toni Leahy and Rudy Altobelli at the club's August 23rd barbecue.

Advertiser News photo by Jack Devine.



STATE REPRESENTATIVE DAN KEENAN enjoys the UNICO barbecue with his wife, Jill, and son, Jack. Advertiser News photo by Jack Devine.



"WHO WANTS SOME SALAD???": UNICO "chefs" Al D'Agostino, Ron Brown, John Conte, Joe Conte, Jr., Dick Pisano, and Ron Lalancette at the barbecue which took place on Sunday, August 23rd, at the Polish-American Club in Feeding Hills. Advertiser News photo by Jack Devine.

Cub Scout Pack 85 To Hold September 11th Sign-Ups At Ag. United Methodist Church

On Friday, September 11th, Pack 85 will be signing up new members at Agawam United Methodist Church from 7:00 to 9:00 p.m. Boys six through 11 and their families are invited to come over to talk with us and see what we do.

over to talk with us and see what we do.

Last year, Pack 85 held a pinewood derby race, a boat regatta race, toured a supermarket, hiked Robinson Park, visited a laser company and watched high-powered lasers in action, toured the Granby (Connecticut) Air Force Base and Bradley Field, built a race car, held a Christmas party, and held a banquet for our scouts and families at the end of the year. During our regular Friday night meetings, we work on advancement from the scout book, as well as arts and crafts and play games associated with advancement.

We are planning another exciting year this year. Already, we are making arrangements to go to the Granby Air Force Base again. We have a Halloween party, a Christmas party, and a close-out banquet planned, and we haven't even started yet. You can count on several field trips. Some will be educational and others will be just for fun.

Many scouts from Pack 85 have continued on into Boy Scouts and some hold leadership positions in their troop. Some are training younger boys the skills they have learned over the years.

boys the skills they have learned over the years. In scouting, we make learning fun. Come see for yourself on September 11th or call Bill at 789-1755 or Cheryl at 786-5664, and see how easy it is to become a part of it all.

What Did You Do On Your Summer Vacation?

On behalf of the more than 5,000 people who attended the Agawam Summer Entertainment Program we would like to thank our generous Sponsors:

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Agawam Cultural Council Agawam Rotary Club

Event Sponsors

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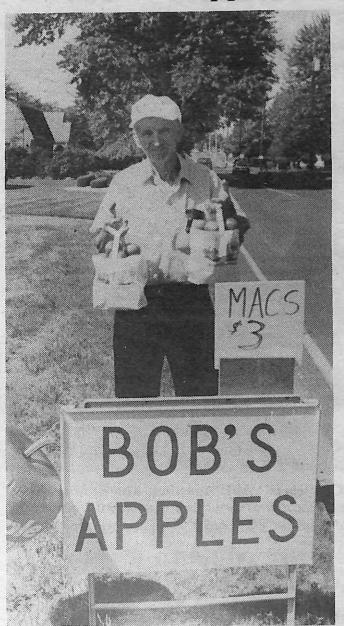
See You Next Year!

Hey...Dr. Nelson...
Can you fix my neck?



Dr. Tami Nelson
Hampden County Chiropractic
850 Springfield Street
Feeding Hills, MA 01030
786-4820

"Want An Apple?"



MAX GAJ of 711 Mill Street was busy selling "Bob's Apples" on Saturday, August 22nd. Advertiser News photo by Jack Devine.

An Exciting Mix Of Old And New At The 1998 Edition Of Eastern States Exposition

The 1998 Big E will celebrate 77 years of providing the greatest family-oriented entertainment in the Northeast with incredible new exhibits and

viding the greatest family-oriented entertainment in the Northeast with incredible new exhibits and attractions, popular entertainment, and classic favorites that will combine to make "The Greatest New England Fall Festival" an unforgettable 17-day extravaganza.

NEW THIS YEAR

The Big E's Dinosaur Encounter, brought to you by Sears - Monstrously lifelike robotic dinosaurs battle, bellow, and raise their young in a beautifully rendered environment by Rob Skiba of New Frontiers Production Company September 18th to October 4th. The reptilian dozen are scientifically accurate and built to scale with smooth movements, realistic sound, and flexible skin. Encompassing dinosaurs from both the Jurassic and Cretaceous periods, The Big E's Dinosaur Encounter, brought to you by Sears, is sure to educate and entertain children and adults alike. A dig box and rub station allow prospective paleontologists to participate in the study and understanding of these prehistoric marvels.

Celebrating the arrival of dinosaurs into the Age of Technology, the Springfield Library and Museums provides a gift shop from which delighted dinosaur enthusiasts may purchase dinosaur-related merchandise. Fossils and related artifacts from the Museum of Natural History in Springfield, MA, will be on display throughout the 17 days of The Big E.

National Draft Horse Show - Displaying their awesome might to cheering crowds in the Coliseum October 1st-4th, heavy horse teams will

awesome might to cheering crowds in the Coliseum October 1st-4th, heavy horse teams will valiantly struggle to outdo their competitors in feats of strength and teamwork. Sponsored by Budweiser, this competition will lead into the North American Six-Horse Hitch Classic Series 1998 Championship Finals on October 4th.

Beautiful and mighty, these horses represent the finest ever seen in New England.

Miniature Circus Display - A miniature version of the 1946 Ringling Brothers and Barnum & Bailey Circus will be on display throughout The Big E in the Hampden County Building. This intricately carved model is handsome and hand-painted by artist and circus lover Brooke Evans. painted by artist and circus lover Brooke Evans. Built to 1:48 scale and lovingly crafted over a

22-year period, this "little" circus will inspire great happiness and even greater memories.

The Winnie The Pooh Show - A musical adven-

ture of the winsome cartoon character that will enthrall children of all ages, daily at the Storrowton Village Gazebo.

ON THE MOHEGAN SUN STAGE
The Charlie Daniels Band delivers the freeflowing sound of blues mingled with Southern

flowing sound of blues mingled with Southern rock and boogie on opening day, Friday, September 18th, for two shows: 3:00 and 8:00 p.m.

Sha Na Na, from September 18th-21st at 1:00 and 4:30 p.m. with an additional show at 3:00 p.m. on September 19th and 20th, host a rock 'n roll party featuring music from the 50's and 60's.

The Village People, as entertaining to watch as they are to hear, will allow plenty of audience participation on Saturday, September 19th, at 8:00 p.m., with songs like "YMCA" and "Macho Man."

Lynyrd Skynyrd, the most famous name in down-home Southern rock, will close out The Big E on Sunday, October 4th, at 8:00 p.m. Raucously

E on Sunday, October 4th, at 8:00 p.m. Raucously singing such classics as "Sweet Home Alabama," "Gimme Three Steps," and "Free Bird," Skynyrd will have all of Western Massachusetts jamming before they leave — or they just wen't leave! they just won't leave!

they just won't leave!

Other performers: Martina McBride, September 20th at 8:00 p.m.; Little Anthony and the Imperials, September 21st-25th at 3:00 and 8:00 p.m.; A Tribute to Benny Goodman performed by the Everett Longstreth Big Band, September 22nd at 1:00 and 4:30 p.m.; Ronna, September 23rd-28th, 1:00 and 4:30 p.m., with an additional show on September 27th at 3:00 p.m.; Bryan White, September 26th at 3:00 and 8:00 p.m.; Sawyer Brown, September 27th, 8:00 p.m.; Sister Sledge, September 28th through October 2nd at 3:00 and 8:00 p.m.; Sammy Kaye Orchestra, September 29th at 1:00 and 4:30 p.m.; Nu Flavor, September 30th through October 4th at 1:00 and 4:30 p.m., with an additional show at 3:00 p.m. on October 3rd and 4th; and Faith Hill, October 3rd at 8:00 p.m.

(More news about 1998's "Big E" will be published next week.)

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The median income of college graduates is 80% higher than for high school graduates. What are you waiting for?

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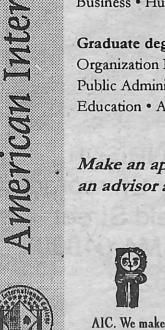
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HELEN AND EDWARD BOBECKI

Edward And Helen Bobecki Celebrate 40th Anniversary

Edward and Helen Bobecki of Feeding Hills and Lake Worth, Florida recently celebrated their 40th Wedding Anniversary with a gathering of family and friends at an outdoor BBQ.

The couple were married on August 23, 1958 in Springfield. They are parents of Alan of Agawam and Donna of Connecticut. They also have two grandchildren, Brie and Danny Bobecki.

Ed and Helen are both retired from the Town of Agawam. Ed was a Lieutenant on the Fire Department and Helen was Administrative Assistant to former Chief S.J. Chmielewski.

Agawam Garden Club To Meet September 8th

Bob Whitney, a professional florist with The Root Seller of Springfield for the past 10 years, will present a program on flower arranging at the September 8th meeting of the Agawam Garden Club. The program will follow the 7:00 p.m. business meeting at the Captain Leonard House, Main Street, Agawam.

Whitney said he will arrange flowers as he discusses the "tricks of the trade," using fresh flowers in a variety of arrangements and some dried materials suitable to the season.

Since 1987, he has been a member of the American Institute of Floral Designers, a national organization that he said recognizes design capabilities. He studied with the American Floral Art Club of Chicago and Florist Transworld

Refreshments will be arranged under the direction of Nancy Smith and Linda Lewis. Anyone in-

Agawam COA To Sponsor Sept. 8th Trip To Fenway Park

The Agawam Council On Aging is sponsoring a trip to Fenway Park on Tuesday, September 8th, for a game between the Boston Red Sox and the

league-leading New York Yankees.

The cost of the trip (including transportation and a box seat) is \$50. The bus will leave the Senior Center at 4:00 p.m.

For reservations, call Joan Linnehan at

786-0400, ext. 242.

For all the local sports, you turn our pages every week ADVERTISER NEWS

Agawam High School's Class Of 1978 Slates 20th Reunion For November 28th

The Agawam High School Class of 1978 will be holding its 20-Year Class Reunion on Saturday evening, November 28, 1998 at the Tekoa Country Club in Westfield.

Invitations have been sent out, however, we are unable to find the following classmates:

Chris Armand, Gladys Ayala, Ann-Marie Barry, Mary-Ann Benedict, Alan Bittner, Victor Bortolussi, Neil Brown, Rebecca Brown, Janice Caramazza, Victor Cestari, Steven Chesley, Suzanne Chicoine, Joseph Cignoli, Michael Clark, Marc Colcombe, Rhonda Comforte, Jeff Cosenzi, Monald Courters Joseph Ronald Couture, Laura DeMusis, Michael Donovan, Timothy Drane, Daniel Duffy, Lauren (Dunn) Cunningham, Loretta Farber, Stephen Ferrero, Jane Finau, Michael Folini, Catherine Foote, Steven French, Dennis Gaynor, Sandra Ghidoni, Frank Gramolini, Tina Gravel, Linda (Codet) Jenks, Marcy Harris, James Hill, Michael Holzen, Janet Houle, Deborah Howe.

Also, David Hudson, Daniel Johnson, Eileen

Kane, David Kelly, Bill Knight, Angela Kolnicki, Gwen Kononitz, Luana (Lamoureaux) Bisson, Steve Larrabee, Ann Liddell, Bill McLellen, Robert Mahoney, Daniel Manhue, Sue Manning, Raymond Margosiak, Laurie Marino, Elizabeth Marquis, Roger Mason, Alden Miller, Eileen Moriarty, Robert Nahajlo, Caren Ouimet, Cýnthia Pareille. Tom Paul, Leonard Peltier, Maria Persiico, Sheila (Moriarty) Phillips, Tammie Poulos, Debra (Schebel) Riddley, Edward Rogers, Ralph Rozell, Dawn Sanders, Brian Shaw, Daniel Stachowicz, Anne Stevens, John Sweeney, Marissa Tangredi, Teresa Tenerowicz, Ralph Thresher, Wayne Van Newtenhoven, Lisa Villeuve, Janet Webb, Thomas Welch, Richard Whalley, Laurie (Whitney) Wents Welch, Richard Whalley, Laurie (Whitney) Went-

worth, and Andrew Wojnicki.

If you know the whereabouts of any of these classmates or if you are a member of the Class of 1978 and did not receive an invitation, please call Shelley (Borgatti) Reed at 413-786-4960 or Lisa (Kamyk) Johnson at 413-789-2335.

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MRS. BRIAN ARWOOD (NEE KIMBERLY SILK)

Kimberly Jean Silk Weds Brian Arwood

Kimberly Jean Silk and Brian Arwood were married on August 8, 1998 at the Orange United Methodist Church in Chapel Hill, North Carolina.

The bride is the daughter of Patsy (Corbin) and Wayne Silk, both formerly of Agawam and now living in Chapel Hill. She is the granddaughter of Ruth and the late Edward Silk and Donald and Patricia Corbin, all of Feeding Hills.

The bride's dress was made by her grandmother, Patricia Corbin.

The groom is the son of Sue and Robert Arwood

of Rockford, Tennessee. Following a honeymoon in Hawaii, the couple will reside in North Carolina.

LEGAL NOTICE

LEGAL NOTICE

AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a public hearing on Thursday, September 17, 1998 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Agawam. The purpose of this hearing will be to hear the petition of Thomas Russo, Jr. for a Definitive Subdivision Plan of Logan Woods Estates. This proposed subdivision will consist of ten (10) lots to be located off of Garden Street and Franklin Street Extension Franklin Street Extension.

By Order of Charles R. Calabrese, Chairman Agawam Planning Board
Published: September 3, 1998

ADVERTISER NEWS

Shear Illusions

497 Springfield Street Agawam, MA 01030 (Next To Stan's Soft Serv)

786-7165

Back-To-School Special Kids' Cuts

The Young Family **Announces Birth Of** Son, Brent Angelo

Karla & Bob Young of 216 South Westfield Street, Feeding Hills, are proud to announce the birth of their son, Brent Angelo, on May 26, 1998. He weighed nine pounds, eight ounces, and was 22 inches long.

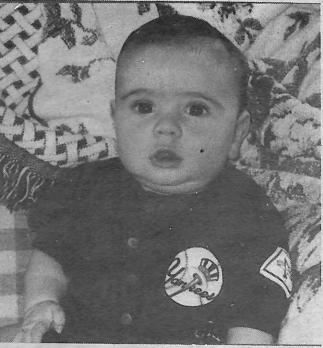
Brent was welcomed home by his big brother, Brooks, big sister, Brianna, and proud grand-parents Mr. Aldo Mancini of School Street, Agawam, and Mr. & Mrs. William Young of East Longmeadow. Ruth Pearson of Santa Ana, California, is the esteemed great-grandmother.

AHS's Class Of 1949 **Slates 50th Reunion**

The Agawam High School Class of 1949 is planning its 50th reunion. If you have any information about the whereabouts of the following graduates, please contact Dottie (Taddia) Fitzgerald at (413) 733-6259:

Arlene (Myers) Babcock, Marilyn (Talbot) Meyers, Eugene Berard, Mike Chimilewski, Shirley (Shaw) Larson, John McCool, James Scott, and Bob Sealander.

check our classified pages every week



BRENT ANGELO YOUNG

AHS's Class Of 1958 To Hold 40th Reunion

The High School of Commerce Class of 1958 will hold its 40th reunion on October 3, 1998. If you have not been contacted, please call Sheila at 782-2747, Rosie at 737-1637, Sue at 525-6383, or Joyce at 786-0485 for details.

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Church News

A Church Tradition Continues...

St. John's Holds **Annual Picnic** At Agawam VFW

by Dave Rollins

For over 30 years, St. John's Church of Agawam has been holding a picnic for its parishioners. The tradition continued last Sunday, August 30th, at the Agawam VFW Post 1632 on South Street.

As usual, the turnout was large and festive with people of all ages enjoying the warm, sunny weather, and many activities provided by the picnic committee.

Among the attractions was a dunking booth, which contained a large tub of water and a designated person to be dunked. For much of the picnic, which lasted from 1:00 to 4:00 p.m., it was Reverend Howard McCormick on the receiving end of the dunks.

After numerous submersions, he then took over the microphone and became the master of ceremonies for the raffle, which saw many interesting items given away, including big stuffed toys, Beanie Babies, bike helmets, and even a phony snake that looked real. And a 50-50 drawing saw one lucky parishioner walk away with \$91.

The kids were treated to a barrel train driven by Jim Fenton. There was a golf pitching range, with a net about 20 yards away to test one's accuracy.

a net about 20 yards away, to test one's accuracy (run by John Polopek). A face and body painting table was available where you could get any number of small designs to enhance your look for the day. One of the artists was Agawam High School softball star Ali Jackobek.

A water-filled balloon toss was part of the action. It was simple and fun. Contestants had to heave the squishy object over ever-increasing distances. Of course, one mistake resulted in a shower for whomever happened to be on the receiving end of the toss.

And what would a picnic be without food? They had plenty of it at a price everyone could live with -hamburgers with sauteed peppers and onions and hotdogs complete with mustard, relish, and catsup, plus soda, for 50 cents apiece. For dessert, there was a cup of Friendly's Ice Cream. Co-chairing the picnic were Rudy Altobelli and

Maryanne Greene. The picnic was financed by donations and the raffles. One longtime parishioner, William Gazillo, described it best: "It's a chance for the families to get together and enjoy themselves. It brings everyone closer.'

Our office will be closed on Labor Day (Monday, September 7th); we will reopen All the hometown news on Tuesday, September 8th, with us, each and every at 6:30 a.m. — AAN!!!



"BURGER-FLIPPERS" at St. John's annual parish picnic on Sunday, August 30th, at the Agawam VFW: Bernie Paine, Marcia Paine, Will Fairlie, Liz Fairlie, Kevin Paine, and Jim Stefanik. Advertiser News photo by Jack Devine.



REVEREND HOWARD MCCORMICK (left) with William Gazillo (41-year parishioner) and Rudy Altobelli (cochairperson of St. John's picnic). Advertiser News photo by Dave Rollins.

week ... Advertiser News!!!



IS HE ALL "WASHED UP"?: Dunking booth participant Steve Grener ponders his "fate" at St. John's picnic at the Agawam VFW on South Street. Advertiser News photo by Jack Devine. energy and the service of the servic

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At St. John's Annual Picnic...





IN LEFT PHOTO: Elaine Talbot with her "froggy" friends. IN RIGHT PHOTO: Lorraine Maniscalchi and Peg Altobelli at the raffle ticket table. Advertiser News photos by Jack Devine.

Beanie Babies To Become Fundraisers For Immaculate Conception Parish In West Spfld.

The ongoing efforts of Immaculate Conception Parish, located at 475 Main Street in West Springfield, to restore and renovate its historic church and surrounding buildings, has caught the attention of a special group of Beanie Babies.

A number of these popular toys became well-acquainted with Erin McDonald, the daughter of

the church's organist who teaches in New York and often returns to West Springfield to help out at parish events. At about the same time, four Beanie Baby Bears made a special appeal to Dr. & Mrs. James Slowick, members of the parish, for help. This wonderful couple graciously arranged for the Beanies to gather together into four pretty baskets of five Babies each, and they (the Beanies) are offering themselves as prizes for four lucky ticket holders.

For \$1, you can have a ticket. For \$5, six tickets are yours, and for \$10, you'll get 12! The tickets will be on sale through October 24th, when the four winners will be drawn at the close of the

parish's Holiday Bazaar.

You'll find tickets after every weekend Mass and at the St. Jude Gift Shoppe inside the church entrance (Tuesday between 1:00 and 8:30 p.m., and Saturday between 1:00 and 5:30 p.m.). Or, you can purchase them between 5:00 and 9:00 p.m. every Friday at the weekly parish Bingo in the former St. John's School, or from any parishioner.

Tickets will also be available at Ye Olde But-

cher Shoppe, 68 Boulevard, West Springfield. As one confused Beanie Baby observed, "You have lotsa chances if you can only figure it all out."

The co-chair Beanies are Glory Bear, Erin Bear, Panda Bear, and Princess Bear, each now residing in a comfortable basket, sharing accommodations with a total of 16 other Beanie pals. All agree they are excited about the fundraiser, and also about reaching loving homes.

Please, will you help the Beanies in their selfless efforts, and also to realize their fondest

dreams? The entire Immaculate Conception community will be very grateful, too, as we all are to Ms. McDonald and Dr. & Mrs. Slowick.

Catholic Women's Club To Meet On September 14th

Sister Marguerite Patient of the Sisters of Providence will present a program on "Guided Imagery and Music" at the September meeting of

the Catholic Women's Club of Agawam.

The first meeting of the 1998/99 club year will be at 7:30 p.m., September 14th in the Social Center of St. John the Eangelist Church on Main Street. Plans for the club's fall calendar will be announced by President Betsy Ciempa and her committee chairpersons.

Sister Patient has a BA degree and a Master's degree in therapy. She is a therapist in Guided Imagery and Music, which is designed to foster creativity, promote healing, stress reduction, selfunderstanding, and problem-solving. She is also a certified massage therapist. Barbara Pfau is program chairwoman.

Officers assisting Mrs. Ciempa this year are Carol Pignatare, first vice-president; Theresa Longo, second vice-president; Alice Buell, secretary; Joan Malinoski, treasurer; Martha Jerry, assistant treasurer; and Directors Gloria Colby, Eleanor Balboni, and Mrs. Pfau.

Handling decorations and refreshments for the September meeting will be Eileen Bronner, chairwoman; Carolyn Capitanio, Adele Gallano, Theresa Barlow, Nancy Duquette, Rita Tiddia, Eleanor Fisher, Rose Toti, and Mrs. Balboni.

The club is seeking new members, so any woman who attends an Agawam Catholic church is welcome to inin.

is welcome to join.

News From St. Anthony's Church & St. Theresa's Church

CALENDAR OF COMING EVENTS
September 5th/6th: CCD Registration after all

September 6th: After 8:30 a.m. Mass - coffee and goodies in St. Anthony's Church Hall; after 11:00 a.m. Mass - coffee and goodies at St.

11:00 a.m. Mass - conee and good.

Theresa's Rectory.

September 8th: 6:00 p.m., Holy Rosary Society opening meeting at St. Anthony's Hall; 7:00 p.m., meeting of all CCD teachers from both parishes meet at St. Anthony's in the Church.

September 10th: 7:45 p.m., St. Anthony's Finance Council to meet in St. Anthony's Rectory.

CCD CLASS SCHEDULE

September 27th: 9:15 to 10:15 a.m.,

Sunday, September 27th: 9:15 to 10:15 a.m., Grades K-6 meet at St. Anthony's Church.

Monday, September 28th: 7:00 to 8:00 p.m., Grades 7-Confirmation Class meet at St. Theresa's Church.

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Weekly Calendar From Final Summer Worship Ag. Congregational

This Sunday, September 6th, is the 14th Sunday after Pentecost. This is the final 9:30 a.m. Worship Service for the summer at Agawam Congrega-tional Church, 745 Main Street, Agawam.

Rev. Fuller's Sermon will be: "The Greatest Counselor," taken from Text: Psalm 139:1-6. His Children's Message will be: "Who Knows?"

Next Sunday, September 13th, is Communion Sunday; also, the fall schedule begins.

Reminder — this Sunday, September 6th, there is no Church School.

Registration forms for Church School may be picked up at the Church Office or on the first day of classes, which will begin next Sunday, September 13th, for all grades.

The seventh through 12th grade students will meet at 9:00 a.m., and the Crib Room through sixth grade children will meet at 10:30 a.m. during the Worship Service.

Would you like to help us out? Teaching positions are still available.

For more information, you may call the church office at 786-7111.

The first Junior High (seventh and eighth grade) Youth Group Meeting will be held this Friday, September 4th, from 7:30 to 9:00 p.m.

This group is led by Youth Advisor Tammy Washburn.

The Open Pantry item for this Sunday is

Items collected will be donated to the Agawam/ West Springfield Open Pantry.

The Spring Bulb Fundraiser, sponsored by Family Outreach for the General Budget, continues for the next two Sundays. Orders may be taken at the Coffee Hour following the Sunday Worship Service, or call the Church Office, 786-7111.

Summer This Sunday At First Baptist

The final summer Sunday worship service will be held this Sunday, September 6th, at 9:30 a.m. at the First Baptist Church.

"Labor and Deliver" will be the topic of Pastor Richard Barnes' sermon. Scriptural text is from I Corinthians 15: 50-58.

The children will complete their summer study of Old Testament stories and related crafts. A time of fellowship follows morning worship in

The Trading Post, a consignment shop located in lower Davis Hall of the church, will reopen for the season on Wednesday, September 9th. This will be a "take-in" day only. Hours of operation

are 10:00 a.m. to 6:00 p.m. The Trading Post will be open for purchases as well as take-ins on September 16th.

A divorce recovery seminar will be held again this fall. There will be a special weekend session starting on Friday, September 11th, from 6:30 to 9:30 p.m., and again on Saturday, September 12th, from 8:30 a.m. to 4:15 p.m. It will continue on Tuesday evenings from 7:00 to 9:00 p.m. from

September 15th to November 2nd.
Sessions are held in Lockhart Parlor. For further information and registration details, call the church office, 786-7300, from 9:00 a.m. to 12:00 noon weekday mornings.

Also this fall, a single parent group will be held at the church. This group will meet for the first time on Saturday evening, September 19th, from 7:00 to 8:00 p.m. and will continue on subsequent Saturdays

Jean Gill and Sarah Myer will lead this group. For further information and registration details, call the church office, 786-7300.

"Church News" is another reason why you turn our pages each and every week ... AAN!!!

Davis Hall.

St. David's Church **Seeks Donations For Upcoming Auction**

Perhaps you know of St. David's Episcopal Church as your neighbors down the street. Others may know us as those folks who always march in the Memorial Day Parade. Some may recognize our Pastor as the chaplain to the Agawam Police,

or as a columnist for *The Agawam Advertiser News*. Still others may know us as the church that built a new building next door to the Police Station tion because our own building was just too small. We hope that we've been good neighbors, and that you might help us as we seek to bring God's love to our community.

We'd like to invite you to join with us and other friends of St. David's Church to help us raise funds for Phase II of construction of our new facilities. On Saturday, November 21st, at 6:30 p.m. (with preview at 5:30 p.m.), Rossi Auctioneers will conduct an auction to benefit the St. David's Building Fund. The auction will take place at the Polish-American Club, 139 Southwick Street,

Feeding Hills. In order for this event to be successful, we invite you to join with others from the area to offer your support. We ask you to consider the following ways in which you may be able to help St. David's Church:

FIRST: We are seeking items to be auctioned for that evening. If you or your business have an item/gift certificate which you feel could contribute to this event, we would be most grateful for its donation.

SECOND: If you don't have an item for auction, but would like to make a financial contribution, we invite you to do so, c/o St David's Building Fund, 699 Springfield Street, Feeding Hills, MA 01030.

THIRD: Consider attending the auction to bid on items which surely will be of value to those who attend, and to enjoy an evening which is sure to be lots of fun.

As the auction date draws near, we may call you to answer any questions you may have regarding this event. Thank you for your consideration.

subject #s 66 & 67



Look at the alert ears, the wide grin, the bulging eyes.

Subject is clearly enthralled, in this case as he watches on the Internet a graphically rich video about space travel with MediaOne" Express" and the Interactive Broadband Network.

But that's not all. Subject then went on to discover that for a limited time this service can be installed for a shocking

Realizing that, if positioned correctly, no parent could refuse such an affordable educational tool, subject 67 became excited. Very, very excited.

Now, for your children to experience this excitement firsthand, and for you to take advantage of a great deal with a 30-day money-back guarantee, call 1-888-339-3156. Or visit online at www.mediaone.com/express/northeast to sign up today for the fastest home Internet service. Hurry! Offer ends soon.

See File #11: This is Broadband. This is the way.

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Events From St. John's Church

YOUTH COMMITTEE

This committee is continuing its study of how best to help meet some of the needs of our younger parishioners. This Committee is still open to suggestions from the parish family.

The Committee meets on the first Thursday of

each month at 7:30 p.m. Call Judy Cross at 786-7664 or the Parish Office at 786-8105.

RELIGIOUS EDUCATION NEWS

(Time is getting short!)

CCD Registration for 1998-99: Come to the Parish Office during business hours. All registrations should have been should been should been should been should been should been should be should tions should have been turned in by September

1st so the program can get off to a smooth start. Classes start September 19th, 21st, and 22nd (Grades 1-10). There will be a meeting of all Rel. Ed. volunteers (that is, teachers, aides, etc.) on Monday, September 14th, at 7:00 p.m. in the lower

Teachers are still needed in several grades, especially Grades 4 & 8. Training will be provided. Call Sr. Fran Gloster, 786-8105.

OVER 60 CLUB The first meeting of the new year will be September 3rd at 1:30 p.m. The calendar of events for the year will be presented. All members are

welcome, old and new. A Trip to Lancaster, PA (with the show "NOAH" and a visit to Gettysburg) has been planned for November 3rd-6th. This trip is open to members and non-members, and the cost is \$370 (dbl. occ.). Call Barbara, 786-7037, or Lil, 786-9586.

AGAWAM CATHOLIC

SINGLES CLUB SCHEDULE

Regular meetings will resume on Wednesday, September 9th, at 7:00 p.m. in St. John's Fr. Joyce

WEDNESDAY MORNING BIBLE STUDY
The Wednesday Morning Bible Study will
resume in Parish Center on September 9th.
MOTHERS' PLAYGROUP

Our Mothers' Playgroup for little people will start on Tuesday, September 22nd. The group will meet each week thereafter from 10:00 to 11:30

interested in joining, please call Amy, 789-4264.

CUB SCOUT PACK 77

Our Cub Scout Pack is looking for new members. All boys in grades 1 thru 5 are invited to stop by the Parish Center on Tuesday, September 15th, from 6:30 to 8:00 p.m.

All interested boys and their parents are urged to attend on this evening, and adult involvement is especially encouraged for the benefit of the

PARISH EXERCISE ROOM Sr. Fran White will hold an orientation and instruction session for anyone interested in using the Universal equipment in the Parish Center. This session will be on Tuesday, September 8th, at

10:00 a.m. and/or 7:00 p.m. You must be a parishioner and 18 years of age or older to register. Please call Sr. White at 786-4499.

CHRISTMAS BAZAAR

Plans are well underway for the Bazaar, and we look forward to another huge success.

We need chairpersons for the Attic Treasures and Jewelry booths.

News & Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church which is located at 21 N. Westfield Street in Feeding Hills.

Summer worship hour begins at 9:15 a.m. and will include the Service of Holy Communion. The lectionary readings for this Sunday, the 14th Sunday after Pentecost, are Jeremiah 18:1-11, Psalm 139:1-6, 13-18, Philemon 1-21, and Luke 14:25-33. Rev. Donaldson's sermon title is "What Might Paul Ask of Us?" Children are welcome to attend worship with their parents; nursery care will be provided for the very young.

Rally Day/ReCovenanting Sunday will take place on September 13, 1998. Worship will begin at 10:00 a.m. Sunday School classes will resume for our youth. This has been a busy summer for our church family. This special Sunday in September will be a chance to gather and renew our commitment to our church and each other.

The Open Pantry will be celebrating the opening of a satellite site at this church on September 15th at 10:00 a.m.

There are many exciting opportunities for volunteering at this church! Rev. Rob will be serving meals on Wednesday evenings at the Open Pantry and asks for assistance from a few people. The Big E Project is well underway, even though the fair has not started yet!

Please speak to Matt Granger if you have not offered your help yet. Sunday School begins next week. The Board of Christian Education is pleased to note that teachers are already in place for the first session!

If you would like to help, a sign-up sheet for the next session which begins in November is posted on the bulletin board. There are only a few times left empty on the volunteer sheet to help one of our members with her physical therapy. This sheet was posted on Sunday and nearly filled by Monday! Thank you to all our busy church members who volunteer and give so much!

Yes, choir practice has resumed on Wednesday evenings at 7:00 p.m. If you missed the first rehearsal, don't despair. All our choir members will gladly make room for you in the choir loft!

Please note that the Board of Christian Education will meet on September 9th and the Board of Deacons will meet on September 10th. These meetings have been changed from the regular schedule.

On the calendar:

Thursday, Sept. 3rd: 7:00 p.m., A.A. Sunday, Sept. 6th: 9:15 a.m., Service of Holy

Monday, Sept. 7th: Labor Day (Office Closed) Tuesday, Sept. 8th: 6:30 p.m., Set up Big E; 7:00

Wednesday, Sept. 9th: Desserts needed for Open Pantry; 7:00 p.m., Christian Ed.; 7:00 p.m.,

Thursday, Sept. 10th: 6:30 p.m., Finance; 7:00 p.m., Deacons; 7:00 p.m., A.A.

Immaculate Conception To Hold Fall Tag Sale

West Springfield's Immaculate Conception Parish has announced that its fall tag/rummage/ bake sale is scheduled for Saturday, September 19th. The Social Club of the 475 Main Street Church will conduct the sale outside in good weather or inside the former St. John's School in

As in past years, there will be a great selection of clothing for everyone, as well as housewares, toys, tools, books, and whatever else we can gather together. Thus far, we also have an interesting assortment of framed prints and some never-used items suitable for gifts

"Mary's Kitchen" is offering a lunch menu of hot dogs, burgers, beans, and fresh salads as well as beverages. The Parish Social Club's Bake Table will be loaded down with wonderful homebaked goodies to sample or take home.

Look for our special fundraiser table at which tickets will be sold for a "Beanie Baby Basket Bonanza" drawing scheduled for October 24th (the date for our Holiday Bazaar!) Four baskets of five Beanie Babies each are the prizes — each basket contains a special Beanie Bear ("Glory," "Princess," "Panda," or "Erin"), surrounded by four special Beanie Baby pals. What for one right additions to your collection - or gifts for special people - they'll be! Tickets are \$1 each, \$5 for six, or \$10 for 12.

As if all the bargain-finding won't be enough, we'll also have a mystery drawing. So put our sale on your list of stops for Saturday, September 19th.

Tag And Craft Sale **Slated At Sacred Heart** Church On Sept. 12th

There will be a tag and craft sale in the parking lot of Sacred Heart Church on Saturday, September 12th, from 9:00 a.m. to 3:00 p.m.

Close to 30 spots have been rented, so much will be for sale. There will be a bake sale and a snack bar, too.

In case of rain on that Saturday, the sale will be held on Sunday, September 13th, from 1:00 to 6:00

BACK-TO-SCHOOL SUB-SCRIPTION OFFER for new subscribers only; buy one at full price for \$20 (good from September 1, 1998 to June 30, 1999), send a second subscription to a friend or neighbor for free.

Richard W. Gallerani, OD Julianne Rapalus Gallerani, OD

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Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(860) 668-4444 or
(413) 786-8735

Jesus Is Looking For A Few Good Men And Women...

Have you ever been accosted on a city street by someone who tells you that you can somehow obtain an "easy salvation" if only you would say you believe in Christ? Have you ever gotten one of those fliers attached to the windshield of your car which promises you the rewards of heaven if you simply say a "sinner's prayer"? Does it seem to you that there must be a little more to being a Christian than uttering a few words? If so, you are absolutely right.

absolutely right.

Jesus is not looking for converts, people whose only commitment to Him is to mumble a few words. Jesus is looking for disciples. Are you a disciple of Jesus? Would you like to be? Before any of us can answer those questions, we need to understand what it means to be a disciple of Jesus Christ.

The first attribute to consider is the matter of discipleship itself. What is a disciple? In order to know if you are a disciple of Jesus, or if you would like to be a disciple of Jesus, you need to know what it means to be a disciple.

The dictionary defines disciple as follows: 1) a pupil or follower of any teacher or school of religion, learning, art, etc.; 2) an early follower of Jesus, especially one of the Apostles. The Biblical definition is a little bit different, in that it encompasses more people than the original 12 Apostles

According to the Bible, everybody is eligible to be or become a disciple of Jesus. Acts 6 speaks of "when the number of disciples was increasing..." In Acts 11, we read, "the disciples were called Christians first at Antioch." There are other examples of disciples, too many to cite here.

The Biblical definition adds emphasis to the idea of "follower" to indicate a sense of closeness and identification between Jesus and

The Biblical definition adds emphasis to the idea of "follower" to indicate a sense of closeness and identification between Jesus and the disciple. The Gospels repeatedly speak of Jesus being close to His disciples, leaving the crowds to spend time with them; even calling them His "family."

Another attribute of discipleship we should want to consider is the cost of discipleship. Now

Cleaning Cars For A Good Cause...



ON SATURDAY, AUGUST 22ND, a car wash was held to raise money for the activities of the Youth Group at Agawam Baptist Church. Pictured above are several of the church's dedicated "car-washers" with one of their shiny "finished" products. Advertiser News photo by Jack Devine

that we have a clearer understanding of what it means to be a disciple of Jesus Christ, we should consider what that means to us in terms of what it will cost us to be one

"Whoever comes to Me and does not hate father and mother, wife and children, brothers and sisters, yes, even life itself, cannot be My disciple."

The challenge to consider the cost of discipleship comes from none other than Jesus Christ Himself. Notice that Jesus did not make it easy for people to "ioin up" in His movement.

easy for people to "join up" in His movement.

Jesus understood all too well that crowds chase fads. Jesus stopped and said to the crowd:
"I am no fad. I am for real. I am offering you a kingdom life, eternal life. Not just for today or tomorrow, but forever. However, it will cost you something."

Jesus was not really advocating hating people. He was using hyperbole here to make a point. The point is our love for God should be so great, so intense, that our love for those nearest to us, those most precious to us, must seem like hate in comparison to our love for God.

The cost of discipleship? Total commitment to Jesus Christ.

Why should a person want to be or become a disciple of Jesus Christ? The single best answer is because being a disciple of Jesus means "getting in on" God's promises regarding your life.

ting in on" God's promises regarding your life.

Jesus' claim about Himself is not that He is a
great teacher or wise man. but that He is the Son
of God who came to sacrifice His life so that we
could have eternal, or everlasting, life; which
begins in this life and carries on into the next.

Who wouldn't want that?

Rev. Peter Monahan's "Reflections" is a regular feature of The AAN...

* * *

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Spotlight On Business



LORI RATCHFORD

Lori Ratchford Named Mortgage Loan Officer For Banknorth Co.

Lori Ratchford, a resident of Southwick and formerly of Agawam, has been named mortgage loan officer for Banknorth Mortgage Company, Inc. She is responsible for developing mortgage business in the Hampden County area. She is a affiliated with First Massachusetts Bank.

Ratchford brings 20 years of banking experience to this position. Her background includes experience as a senior teller, consumer loan administrator, and consumer loan officer for the Chicopee Savings Bank. Most recently, she served as a mortgage loan officer with Chicopee Savings Bank. Ratchford is involved in several community organizations and is an active fundraiser for Easter Seals.

Banknorth Mortgage Company offers a full line of competitive mortgage products. Based in West Brattleboro, Vermont, it operates 29 offices throughout New England. It is part of Banknorth Group, a community bank holding company with banking offices in Vermont, New Hampshire, and Massachusetts.

Diagnose Bowel Perforation..

Legal Memo

Alan L. Ferrigno, Esq. 546 Springfield St., F.H. (413) 786-9454

The 78 year-old decedent was admitted to the hospital on June 15, 1995, with complaints of shortness of breath. On June 19, 1995, she began complaining of abdominal pain and nausea, and the possibility of small bowel obstruction was raised.

Medical Malpractice: Failure To

The defendant radiologist performed a GI series on June 23, 1995, but allegedly failed to alert either the decedent's attending physician or the attending surgeon of the presence of free air under the diaphragm, a sign of bowel perforation,

on some of the films.

As a result of the defendant's alleged failure to immediately report this finding, the surgical emergency went undetected for a number of hours during which the decedent had a clinical deterioration.

By the time of her transfer to the ICU, the decedent's condition was critical and it was determined that she was not a surgical candidate due to septic shock. She died on June 24, 1995.

The defendant claimed that a study of small bowel obstruction is usually conducted over a 12-to 24-hour period and that the routine practice was to review the films and dictate his findings the next morning. The defendant also stated that, while performing the study, his attention would not have been directed in the area of the diaphragm necessarily.

The treating physician testified that the decedent died due to E. coli bacteria and septic shock as a result of the contents of her intestines pouring into her peritoneum. The physican also testified about the decedent's pain and suffering. The case resulting in a death was settled for

\$350,000.00.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachu-

Best local news with

us - AAN!!!



Travel Talk...

by Lori Keeley, CTC Travel Connections, LTD 10 Chestnut Street West Spfld., MA 01089

When Should I Start To Plan My Winter Vacation?

Now that the kids are back in school and everyone has enjoyed a wonderful summer, it's time to get ready for our winter season.

I love the fall and winter because hurricane season will come to an end and all of our clients can stop worrying. So, now what?

Well, this is the time of year to plan your winter/spring vacation. Most cruise lines, tour operators, and airlines all have their 1999 rates available and many are already taking bookings. If you are a teacher or employed in the education field, the holiday weeks will be at a premium.

Many packages for next year can be held with a small down payment, such as \$150 per person and that will lock in your rate for 1999. Purchase the trip insurance that's offered and if anything goes wrong, you will be covered for any cancellation fees.

Some suggestions for travel this winter...

Aruba - There is a weekly charter from Bradley leaving every Sunday and offering a wide variety of hotel choices.

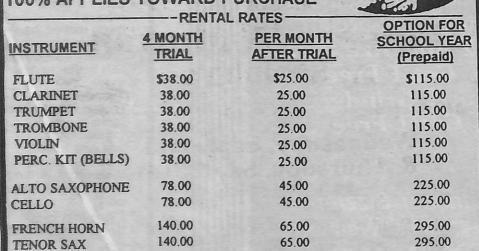
Cancun - This year, the charter will depart on Saturdays for seven nights and leave from Bradley

If adventure is your middle name and you don't mind a few spiders, how about Costa Rica?

In the next few weeks, I will try to offer some winter vacation suggestions and trip planning tips.

If you have any questions or concerns regarding travel, you can write to Lori Keeley, Travel Connections, LTC, 10 Chestnut Street, West Springfield, MA 01089. Thanks for reading The Agawam Advertiser News.

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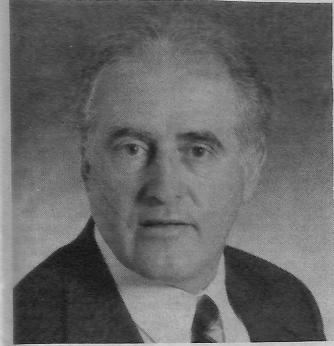
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- Restraining Orders
- Wills
- Paternity

786-2211 786-2211

360 Springfield Street Agawam

Spotlight On Business - continued...



EARLE F. HOLLISTER

Earle F. Hollister Named Unit Sales Mgr.

Earle F. Hollister of Feeding Hills has been appointed Unit Sales Manager at MassMutual's newest agency, The Novak Financial Group in Springfield. Hollister brings over 13 years of supervisory experience to his new position, as well as seven years of insurance and investment sales support to his position.

In this capacity, his primary focus is the training and supervision of new agents. In addition, he is one of the leading seminar presenters of the agency, educating clients and the general public on a wide variety of pertinent financial issues.

Prior to joining MassMutual, Mr. Hollister served as Training and Recruiting Director and Compliance Officer for The New England Life Insurance Company. His experience in the field training and mentoring new agents helped the agency attain an overall 38 percent growth rate. Prior to that, Mr. Hollister served as Sales/Service Manager at Digital Equipment Corporation.

After earning his Bachelor of Science Degree in Industrial Engineering from Western New England College (WNEC), Mr. Hollister achieved his Master of Business Administration from WNEC as well. He is currently enrolled in both the MeD. Program at Westfield State College and the Chartered Life Underwriter program at the American College. He is licensed with the State of Massachusetts and the National Association of Securities Dealers (NASD).

Committed to his community, Mr. Hollister is Vice President of UNICO—Agawam Chapter, and head coach of the Pioneer Valley Junior Soccer League. He also doubles as a soccer referee for

Established in 1851, MassMutual is one of the nation's leading insurance and financial service firms across the world, providing life insurance, disability income protection, retirement services, and money management for individuals, families, businesses, and institutions.

The company boasts more than 1,300 sales offices and approximately 100 agencies nationwide. The new Novak Financial Group agency prides itself on its cutting-edge management techniques and commitment to Western and Central Massachusetts clientele via high-quality products and services.



COMMON SENSE with Raymond Rose THE PIONEER GROUP

The Risks Involved With Investing...

The market is always fluctuating, but you can manage the inevitable ups and downs.

Know your risk tolerance! All investments involve some risks, and some investments more than others. Your personal risk profile could range from conservative to aggressive. Know your tolerance for risk and select investments that make you feel comfortable.

• Know your invest goals! Investments are tools for achieving goals. An investment professional can help you match your investments to your financial needs. It is just as important to know your time horizon, in other words how long you plan to invest.

• Stay diversified! Not every investment market reacts the same way to different economic conditions. But, by diversifying your money among different asset classes, such as stocks, bonds, and money market funds, gains in one asset class can offset losses in others. In other words, don't put all your investment eggs in one basket.

Financial needs and resources vary at different stages in your life ... so take the time periodically

to reevaluate your assets and goals.

Ray Rose of THE PIONEER GROUP can be reached by phone, 431-731-6800; voice mail, 413-786-0961; or fax, 413-731-6881. THE PIONEER GROUP is the area's number one buyer's agent.

Pam Savioli

Landry, Lyons & Whyte Co./Better Homes & Gardens



Right Moves To Retirement...

If you're planning to retire and are considering relocating, do your homework. You can begin by checking out retirement spots at your local library

Write to the governor's office in the states in which you're interested and ask for fact sheets about all types of taxes (especially inheritance and income taxes); homestead exemption facts; tax breaks for seniors; auto license fees; general information on transportation and climate; recreational and medical facilities; and citizenship requirements.

Also write to the chambers of commerce in those areas. They can provide additional information about various opportunities.

Subscribe to a local newspaper to get information about the area. Check out news stories, prices in ads, entertainment and cultural activities, and classified ads that include real estate listings.

Be sure to visit the area — in more than one season — to get a realistic feel for the climate. Sample the lifestyle, price structure, and livability before making a moving decision.

For more information about relocating to a new community, call Pam Savioli at (413) 748-7565.

THE PIONEER GROUP's Web Site Offers A Wide Array Of Housing Information

Need a glossary of real estate firms? ... want to shop for houses from the comforts of home? ... looking for mortgage information? You can find all of this, and much more, on **THE PIONEER GROUP's** site on the World Wide Web.

Company Principals, Raymond Rose and Donald Thompson, claim that it is one of the easiest web sites to tour in the real estate industry. Recently, Gary Lucia was promoted as its company's Internet Administrator.

"As Exclusive Buyer's Agents, we firmly believe that it is critical to service our clients with the highest levels of professionalism and care. Our web site allows our current clients, and any new clients, to shop for houses at their convenience. Also, we have complete information regarding school systems and town demographics available," Rose stated.

"Not only are we extremely pleased with the way that Gary designed our site, we are very proud of the fact that we just won our fourth national award for our web site's content and design,"

Thompson added.

Home Buyers will also find complete information regarding the benefits of using an Exclusive Buyer's Agent to purchase their home, mortgage pre-approval guidelines, mortgage workshop updates, and much more.

The web address is www.pioneer-group.com.
THE PIONEER GROUP is the largest real estate firm throughout Western Massachusetts that represents home buyers exclusively.
As Buyer's Agents, they morally, legally, and

As Buyer's Agents, they morally, legally, and ethically represent home buyers only, and, as opposed to most other real estate firms that represent both buyers and sellers, by representing buyers only, today's home buyer can be assured that there will never be a conflict of interest in their transaction and there are no out-of-pocket fees for the home buyer when they use the services of **THE PIONEER GROUP**.

For more information, please e-mail them by using their web site ... or simply call 731-6800.

ATTENTION SOCCER COACHES PIONEER VALLEY TEAMS: We will once again accept small write-ups and updates of your team to be printed in the "Sports" pages each week. The deadline is Tuesday at 12:00 noon. Please type (double-spaced) or print very legibly. We will assemble all the little articles under the "Pioneer Valley Soccer" headline each week.



Celebrating Our 20th Anniversary

Dancers 'N Motion At St. John's

Signups

Wednesday, Sept. 2nd & Thursday, Sept. 3rd 4:30 To 5:30 P.M.

Tap Ballet Creative Movement 2½-3 Jazz Toe Pre-School/Combination Ladies Exercise

St. John's Parish Center 786-6636

Classes Begin Sept. 10th

For Your Health

"Buddy Walk 1998" Slated For Saturday, Sept. 12th, At AHS

The National Down's Syndrome Society (NDSS) and the Town of Agawam will be co-sponsoring "Buddy Walk 1998," the first annual buddy walk to help raise awareness for people with Down's syndrome who live in Western Massachusetts.

The NDSS started this walk years ago in New York. They have about 37 states that have organized this walk each year, and they're hoping for 75 walks all over the United States. This is the first walk in the state of Massachusetts that is registered with the National Down's Syndrome

All are welcome to participate in this walk, which has been scheduled for Saturday, September 12th (rain date: Sunday, September 13th). This event will begin at 12:00 noon at Agawam High School on Cooper Street, and interested participants are asked to register for the walk at 11:00 a.m. that morning at AHS

The walk will be three miles long. Members of Pioneer Valley Clown Alley No. 225 have volunteered their time to help us hand out balloons and paint faces.

You do not have to get sponsors in order to participate — this is just for FUN! Come and have fun with us while getting to know some special

If you would like to make a donation to "Buddy Walk 1998," please make checks payable to "ARC of Franklin County Buddy Walk Fund."

If you need further information about this worthwhile event, please contact Sue Lucia at 786-6393. Hope to see you all there!

Use Common Sense To Stay Cool

Don't let late-summer heat slow you down. Dr. John Santoro, vice-chairman of the Department of Emergency Medicine at Baystate Medical Center, suggests these easy to follow, but important hot weather tips to keep you safe and healthy this

· Stay out of direct sunlight and avoid strenuous activity

 Postpone athletic activity during periods of high heat and humidity.

• Wear lightweight, light-colored, loose-fitted

clothing and a hat when outdoors.

• Drink plenty of liquids - begin drinking before you go outside and, if exercising, drink one quart of liquids an hour to replace lost fluid.

• Avoid caffeinated beverages and alcohol.

"The young and very old are at particularly high risk in hot weather because both have the least ability to regulate their body temperatures," San-

He said warning signs of an oncoming heat related illness include:

· excessive sweating

· leg cramps · flushed skin

· nausea and vomiting

dizziness

 headache · rapid pulse.

If in doubt about a possible heat illness, consult your physician or visit your local hospital emergency department.

"Better Breathers" To Meet At Baystate Medical & Noble Hosp.

The "Better Breathers" support group for people with C.O.P.D. (chronic obstructive pulmonary disease such as asthma, chronic bronchitis, or emphysema) has announced the dates for the

following upcoming meetings.
On Tuesday, September 8th, from 7:00 to 8:30 p.m., the group will meet at Baystate Medical Center's Ambulatory Care Center, 3300 Main Street, Springfield. Attendees at this meeting will receive an introduction to the Center's Consumer Library and pulmonary rehabilitation gymnasium.

On Wednesday, September 9th, from 2:00 to 3:00 p.m., the "Better Breathers" will meet at Noble Hospital, 115 West Silver Street, Westfield. This meeting will be held in the Cardiopulmonary Classroom on Noble's third floor, and the topic will be: "What can pulmonary rehab do for me?" Lung disease affects nearly 28 million people in

the United States, and common symptoms are shortness of breath, chronic mucus production, frequent chest colds, coughing up blood, chronic coughing, and wheezing.

Sponsored by the American Lung Association, "Better Breathers" is designed to be both educational and social, and its meetings are free of charge and open to anyone who is affected by lung disease (including their family and friends).

For more information, call the American Lung Association at (413) 737-3506.

Heritage Hall Seeks **Volunteers For Area Community Groups**

Heritage Hall Centers, a member of the Genesis ElderCare® network, currently has several volunteer opportunities for area community groups to get involved in the lives of our elderly residents.

Weekend volunteer opportunities include bingo, exercise, entertainment, and other large group activities in late morning and afternoon.

Come join our residents and see what a fun and rewarding experience it is! If you are a member of a local community group or civic organization who is looking for volunteer opportunities, we have a program for you!

Please contact Kimberly George, Director of Volunteer Services, at (413) 786-8000, ext. 217.

BACK-TO-SCHOOL SUB-SCRIPTION OFFER for new subscribers only: buy one at full price for \$20 (good from September 1, 1998 to June 30, 1999), send a second subscription to a friend or neighbor for FREE.

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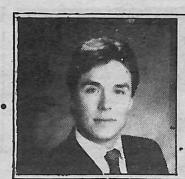
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Your Back And Your Health

by Dr. Joseph S. Schlaffer Schlaffer Chiropractic Offices 192 Shoemaker Lane Agawam

Soccer-Related Injuries

A recent column of mine covered chiropractic treatment relative to the rough sport of football. Subsequently, I began hearing comments about equal time for another sport, a sport that enjoys participation in both sexes and may very well be the most played sport in Agawam.

That sport is SOCCER. But, how tough can soccer be, expecially when compared to football?

Very tough! Bodies hurtle through the air as

players trip over extended legs, all hoping to make contact with the ball. Oh, that elusive little ball. Powerful kicks meant for that ball often find a mark on someone's shin, knee, hip, back, or even their head! Yes, and the lucky goalie, who gets to pick up the ball with his/her hands? Well, not all players are polite enough to stop kicking evening though the goalie has possession of the ball. Ouch! Does anyone have a helmet with a face

But, wait! Not the girls! They can't be that rough, can they? Oh, yea? Go watch a girls' soccer match at any level and you will change your mind. Ask any veteran player on the high school varsity team, and you'll be told of numerous broken bones, torn ligaments, multiple concussions, sprains, strains, and collisions the players have experienced.

As chiropractic physicians, our interest in this sport goes beyond the competition when there is an injury, or the possibility that one has occurred.

When the body is struck or badly jarred, bones of the spine and pelvis can be misplaced. If one or more of these bones is even slightly out of line, it can mean pressure on the nerves inside the spine and result in the variety of problems, including neck or back pain, arm/leg pain or numbness, headache, and abnormal nerve function.

It may result in spinal curvature which can be detected with x-ray.

No soccer injury should be forgotten until after

a chiropractic examination.

Soccer is certainly a growing sport that should be enjoyed to the fullest by those playing this game. Has a past injury resulted in a problem that should be investigated? The Schlaffer Chiroprac-

tic's Office at 192 Shoemaker Lane emphasizes

the health of Agawam's athletes and is well equip-

ped to examine and treat those who have been injured. Call us at 789-1369.

Check our classified ads...

 Two Winners Take All Over \$3,500 In Prize \$\$\$

Friday BING

Immaculate Conception Church

Doors Open At 5:30 P.M. W.T.A. 7:00 P.M.

> For Information, Call 733-8747 Or Check At J & T's

> > Additional Parking— Rear Of The Rectory

For Your Health - continued ...



Care by Dr. Tami Nelson Chiropractic Physician Hampden County Chiropractic 850 Springfield St. Feeding Hills

Calcium And PMS...

Oftentimes patients ask me information regarding calcium and bone density. Studies have found that calcium is helpful in decreasing the effects of osteoporosis.

In addition, a recent study published in the "American Journal of Obstetrics and Gynecology" found that women who took calcium supplements (two 300 mg Tums-EX chewable tablets twice a day) reduced their premenstrual syndrome (PMS) symptoms by more than 50 percent.

Symptoms include negative effects, water retention, food cravings, and pain. Improvements associated with calcium supplementation includ-

ed:
 * The negative effect symptom factor - reduced by 45 percent.

Water retention - reduced by 36 percent. Food craving symptom - reduced by 54 per-

* Pain - reduced by 54 percent. The researchers in this study suggest calcium supplementation as an alternative treatment to drugs because its benefits include 1) inexpensive cost, 2) prevention of bone loss, and 3) effectiveness in improving mood and depression, as well as improvement in the four global symptoms.

Also, there were no adverse reactions from taking the supplements. The researchers theorized that PMS symptoms may be a result of calcium deficiency, and may be a marker for future osteoporosis. (Information obtained from "The Week In Chiropractic" newsletter.)

If you are suffering with PMS symptoms, try supplementing calcium to the diet. The risk is low

and the benefits can be quite rewarding.

Dr. Nelson maintains an office at Hampden
County Chiropractic, 850 Springfield Street,
Feeding Hills, 786-4820.

Caregivers' Support Group To Begin Sept. 14th At Senior Center

A caregivers' support group will begin at the Agawam Senior Center, 68 Meadowbrook Manor, on September 14th from 6:00 to 8:00 p.m.

This group will be facilitated by the Agawam Counseling Center and Gail Freeman, Deputy Director of the Senior Center. For more information, call Gail at 789-7199.

ADVERTISER NEWS

Chiropractic Fitness Tips...

After The Pregnancy

by Carmela A. Kirk, RN Fitness Consultant, Fitness First

Well, congratulations! The little one has arrived. You are starting to have some sort of routine. It's been a few weeks or months and you want your body back. I don't blame you; it's time. Exercise is a great way to shed those "few" extra pounds and tone up the loosened skin. Before you begin, there are a few things you need to remember and the first, most important, has to do with your attitude.

There is little that makes me more frustrated than to hear a new mom saying negative things about her body. Your body has performed one of life's greatest miracles! Your body just took 10 months (explain how 40 weeks is nine months, doctor, and I'll change that sentence), doubled its fluid volume, added 25-40 pounds of mass, changed around all its hormones (I hated that part) to grow, sustain, and produce a new life form. Now you are saying, "I hate my body!!?

STOP. Think about what that does to your sub-

conscious desire to get healthy and strong again. We need to be more understanding of our bodies at this time. Imagine working an entire day in your yard to create this spectacular garden. At the end of the day it looks beautiful and someone comes over and says, "Man, you look awful." Get it? Now, repeat after me: "I love every stretch mark, every pound of fat, every slightly weaker muscle that helped me produce my baby and because I love me, all of me, I am going to begin exercising and taking care of all of me." This works much

Now that even your subconscious is working with you, you can begin. With an uncomplicated vaginal delivery, you can begin walking when you feel up to it. With a C-section, you need to wait about six weeks and get that follow-up check before beginning exercise.

Start with walking, a comfortable pace, slowly and steadily increasing duration. You want to reach at least 30 to 40 minutes of moderate cardiovascular exercise to start losing about one to two pounds a week. Do not rush. Do not push. Remember, it took 10 months to get where you are. Be patient.

Light resistance training works wonders. I started with no weights at all and went through all the motions of flexing each major muscle 10 times every other day, real slow. After a week, this got easy and I began using light hand weights again, staying slow and controlled.

This, along with the walking, will show results quickly. From here, you can move to tapes, classes, and a little bit of higher intensity and you are on your way. Please, be patient. Give your body at least a year. Enjoy the process, but mostly, enjoy the baby!

Our office will be closed on Labor Day; we will reopen on Tuesday, September 8th, at 6:30 a.m. — AAN!!!



Food Thought

by Nancy Dell Registered Dietician

Childhood Obesity: A Continued Challenge...

Obesity in children is on the rise and may lead to a generation of adults with increased risk of chronic disease ills.

Pediatrics published a supplement entitled "The Causes and Health Consequences of Obesity in Children and Adolescents," sponsored by the International Life Sciences Institute. This supplement includes eight articles from leading experts who reviewed the current science regarding childhood obesity as well as potential treatment and prevention initiatives.

According to the latest data, 25 percent of America's children are obese or at risk of becoming obese. Not only are overweight and obese children more likely to face stigmatization from others, serious health consequences such as hypertension, diabetes, and heart disease can

The reasons for increased obesity are multifactorial, but include decreased physical activity in conjunction with stable total calorie intake. More research is needed to better understand the barriers and issues surrounding obesity and the most effective prevention measure.

In the meantime, here are three guidelines to get or keep your child on the road to a healthy

· Get them involved in fun activities that keep them moving continuously for at least 30 minutes a day (i.e., biking, rollerblading).

 Buy only foods from the four-food groups and learn to make fun snacks from them ... like the "Ape Shake" recipe below. Kids can still have treats like ice cream, but go on a family outing to get them so the portion is controlled. Remember, what you buy is what they eat.

 Be careful of liquid calorie. A tall, 12-ounce glass of cranberry juice may quench a child's thirst, but it also contains 214 calories. Replacing just two to three of those tall glasses of juice with flavored, calorie-free seltzer will lead to a loss of one pound of fat a week

APE SHAKE

1 cup skim milk 1/2 cup plain yogurt 1 TBSP honey or molasses banana, in chunks

Put all ingredients in a blender at high speed for 10 seconds. Two servings (140 calories, 0 grams

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at (413) 786-2957.

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Open House And Registration

> Thursday, September 3rd 4:00 - 7:00 P.M. Saturday, September 5th 11:00 A.M. - 2:00 P.M.

> > Ages 2 - Adult

Classes Start The Week Of September 7th

347 North Westfield Street Feeding Hills 789-3385

For Your Health - continued...

Support Groups, Courses, And Programs Offered By Noble Hospital In Westfield

SUPPORT GROUPS

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Stroke Support Group: Wednesdays,
September 16th and 30th, 5:30 to 6:30 p.m. In the
Bronson Rehabilitation Center Dining Room at Noble Hospital.

Free of charge and open to individuals recovering from a stroke and their support persons. The topics of discussion at these meetings will be announced.

Diabetes Support Group: Tuesday, September 22nd, 1:00 p.m. in Conference Room A.

Free of charge and open to individuals suffering from diabetes and their support persons. Gail O'Hara, a Certified Diabetes Nurse

Educator, will speak at this meeting about "Managing Your Diabetes."

Better Breathers: Wednesday, September 9th, 2:00 p.m. In Third Floor Cardiopulmonary Classroom at Noble Hospital.

Free of charge and open to individuals with

respiratory or pulmonary difficulties.
At this meeting, Thomas A. Tremblay, RRT, CPFT, will present the topic: "What can pulmonary rehabilitation do for me?"

COURSES/CLINICS/PROGRAMS:

CPR Course: Wednesdays, September 16th and 23rd, 6:30 to 9:00 p.m. In Noble Hospital's Education Department/Ground Floor.

This two-part course provides American Heart Association Adult, Child, and Infant certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's Education Department at (413) 572-5172.

Free Athletic Injury Clinic: Thursday, September 17th, 5:00 to 7:00 p.m. At Noble Hospital's Sports & Rehabilitation Center, 76 Main Street, Westfield.

During this clinic (which is held on the first, third, and fifth Thursdays of every month), athletic injuries are evaluated by a certified athletic trainer and, based upon the evaluation, remedial exercises or physician referral may be recom-

For an appointment, call 562-3522.
Cosmetic/Plastic Surgery with Dr. Gary
Russolillo: Tuesday, September 15th, 6:30 to 7:30
p.m. Albert Street,

Gary E. Russolillo, M.D., will present a lecture about Body Contouring Surgeries, Lip Enhance-ments, Facial Surgeries, and Skin Care Pro-cedures. Also included will be a live chemical peel

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

Pre-registration is required. To register, call Noble Hospital's Health Beat at (413) 568-2328.

Bronson Rehabilitation Unit at Noble Hospital Sponsors Annual Picnic In Honor of "National Rehabilitation Week":

In honor of "National Rehabilitation Week" (September 13th-19th), the Bronson Rehabilitation Center at Noble Hospital in Westfield is sponsoring a picnic for past and present patients and their families.

The picnic will be held on Tuesday, September 15th, from 11:00 a.m. to 3:00 p.m. on the Mill Street lawn of the hospital.

Support For Parents Of **Kids With Substance Abuse Problems**

Providence Hospital offers a weekly support group for parents of children with drug or alcohol abuse problems. The group meets on Wednesday evenings from 7:00 to 9:00 p.m. at the hospital (located at 1233 Main Street, Holyoke).

The meetings provide an opportunity for parents whose children are currently involved with substance abuse, or have been in the past, to share ideas on how to deal with the problem. There is no charge for the sessions.

The substance abuse services of Providence Hospital are part of Sisters of Providence Behavioral HealthCare. For information on the support group, call Karen Walsh Pio, M.S.W., L.I.C.S.W., Director, Outpatient Counseling Services, at (413) 493-2032.

The picnic will be free of charge, fun, and informative. Please call 572-5151 if you plan on attending.

(In case of rain, the event will be rescheduled.)

Bronson Rehabilitation Center Open House: In honor of "National Rehabilitation Week" (September 13th-19th), Noble Hospital's Bronson Rehabilitation Center at 115 West Silver Street, Westfield, will be hosting an open house on Wednesday, September 16th, from 5:00 to 7:00

The open house is free and open to the public. Disability awareness stations, osteoporosis, home safety, ge body mechanics, and stroke and rehabilitation information will be available. Therapy demonstrations will be ongoing throughout the evening

The Bronson Rehabilitation Center has been offering inpatient acute medical rehabilitation services at Noble Hospital since 1989.

Noble Hospital Sports & Rehabilitation Center Open House:

In honor of "National Rehabilitation Week" (September 13th-19th), Noble Hospital's Sports & Rehabilitation Center, located at 76 Main Street, Westfield, will be hosting an open house on Wednesday, September 16th, from 5:00 to 7:00

The open house is free and open to the public. Participants will have an opportunity to complete screenings for posture, hearing, and percentage of body fat. Therapy demonstrations will be ongo-

ing throughout the evening.

The center has been offering physical and occupational therapy, speech language pathology, and athletic injury clinics at this location since March of 1994.

Female Incontinence (Find Out More About It!) with Dr. Ronald Catanese (A Board Certified Urologist on Staff at Noble Hospital): Monday, September 21st, 6:00 p.m. In Conference Room A at Noble Hospital.

More than 15 million American women suffer from urinary incontinence! Come join us and learn more about the most common forms of Female Urinary Incontinence, the factors contributing to this problem, and the newest treatments available.

This lecture is free of charge and open to all.

Seating is limited.

Pre-registration is required. To register, call Noble Hospital's Health Beat at (413) 568-2328.

Smoking Cessation - "Forgetting Cigarettes":
Sundays, September 20th and 27th, 6:00 to 7:30

p.m. In Conference Room A at Noble Hospital. This two-part program utilizes hypnosis to eliminate your desires for smoking and allow you

to forget cigarettes forever. Presented by Joe Barako, R.N. and Certified Hypnotherapist. The registration fee is \$40 and is paid the even-

ing of the first session. Seating is limited.

Pre-registration is required. To pre-register or for more information, call Noble Hospital's Health Beat at (413) 568-2328

34th Noble Hospital Auxiliary Ball - "Autumn Leaves": Saturday, October 24th. At the School Street Bistro.

The ball will feature music by "Mass Confusion," and proceeds from this event will benefit the proposed Women's Health Center at Noble Hospital.

To find out more information about attending the event or how to help sponsor the 34th Noble Hospital Auxiliary Ball, call the Volunteer Services Department at Noble Hospital at 572-5030.

Local Meetings Dealing With Mental Illness Issues

The Alliance for the Mentally III of Western Massachusetts, Inc. has announced the following groups which are free and open to the public.

For Those With Depression and Manic Depression-Westfield: 20 Broad, Street, Westfield. Meets first and third Tuesdays of the month, 7:00 p.m.

For Adult Siblings and Adult Children of those with Mental Illness: AMI-WM Office, 7171/2 Main Street, Agawam. Meets second Tuesday of the month,

7:00-9:00 p.m. For Adults with a Mentally Ill Relative-Agawam: Agawam Council on Aging, 68 Meadowbrook Manor, Agawam. Meets last Monday of the month, 6:00-8:00 p.m.

Please remember that our deadline for articles, press releases, etc., is Tuesday at 12:00 noon ... ADVERTISER NEWS!!!

"Help Your Heart" **Recipes From The** American Heart Assoc.

The American Heart Association offers the following recipes as part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day, not for each food or recipe.

SPICY BAKED PORK CHOPS

Vegetable oil spray 1 pound boneless pork loin chops, all visible fat removed

Egg substitute equivalent to 1 egg, or 1 egg 2 tablespoons nonfat milk

1/3 cup cornflake crumbs 2 tablespoons cornmeal

1/2 teaspoon dried marjoram, crumbled

1/8 teaspoon ground pepper 1/8 teaspoon dry mustard

1/8 teaspoon ground ginger

1/8 teaspoon cayenne Preheat oven to 375°F. Using vegetable oil spray, spray a shallow baking pain large enough to hold pork chops in a single layer. Set aside.

Cut pork chops into 4 portions, if necessary. Set

In a small, shallow bowl such as a soup bowl,

combine egg substitute and milk. In a shallow dish such as a pie pan, combine crumbs, cornmeal, marjoram, pepper, mustard, ginger, and cayenne. Using tongs, dip pork chops in milk mixture, letting excess liquid drip off. Coat both sides of pork chops with crumb mixture. Ar-

range pork chops in prepared pan. Bake, uncovered, for 15 minutes. Turn chops with a spatula and bake for 10 minutes, or until chops are tender and slightly pink in center.

Serves 4 **Nutrient Analysis Per Serving** 234 kcl; 27 gm protein; 11 gm carbohydrate; 70 mg cholesterol; 142 mg sodium; 9 gm total fat; 3 gm saturated fat; 1 gm polyunsaturated fat; 4 gm

monounsaturated fat. American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition 1997. Reprinted with permission from Times

Books, a division of Random House, Inc., New York. Visit our web site at: http://www.americanheart.org

PRALINE BUTTERNUT SQUASH 2-21/2-pound butternut squash

1 cup water 1 151/4-ounce can pineapple chunks, packed in juice, drained 1/2 cup dried fruit (apricots, peaches, apples, or any combination) diced 2 tablespoons chopped pecans, dry-roasted 2 tablespoons maple syrup

1 tablespoon brown sugar 1 teaspoon grated lemon rind Preheat oven to 350 degrees F

Cut squash in half. Scoop out the seeds with a spoon. Lay squash, cut side down, in a shallow baking dish. Add 1 cup water to dish.

Bake for 45 to 50 minutes, or until squash is tender. Remove from oven and cool for at least 15 minutes.

Remove flesh from rind with a spoon. Place flesh in a food processor and process for 1 minute, or until mixture is smooth. (You may use a potato masher if you wish.) Spoon squash into an ungreased 1-quart casserole dish.

In a medium bowl, combine remaining ingredients. Spoon mixture over squash.

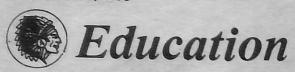
Bake, uncovered, for 30 minutes, or until mixture is warmed through.

Serves 8. **Nutrient Analysis Per Serving**

112 kcal calories; 1 gm protein; 26 gm carbohydrate; 0 mg cholesterol; 7 mg sodium; 1 gm total fat; 0 gm saturated fat; 0 gm polyunsaturated fat; 1 gm monounsaturated fat.

American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition 1997. Reprinted with permission from Times Books, a division of Random House, Inc., New York. Visit our web site at: http//www.americanheart.org

BACK-TO-SCHOOL SUB-SCRIPTION OFFER for new subscribers only; buy one at full price for \$20 (good from September 1, 1998 to June 30, 1999), send a second subscription to a friend or neighbor for free.



Looking Forward To The 1998-1999 School Year



FRANK MEAGHER, SUE PROVODA, and RALPH FIGY at the Junior High on Tuesday, September 1st. Advertiser News photo by Jack Devine.



SUPERINTENDENT OF SCHOOLS Frank Ameruoso (far left) with School Committee Vice-Chairwoman Linda Galarneau, AHS Guidance Counselor Alan Cohen, Assistant Superintendent for Educational Services Mary Czajkowski, and Deputy Superintendent Donald Charest. Advertiser News photo by Jack Devine.

Agawam Schools' Weekly Lunch Menu

Monday, September 7th: Labor Day (no school).

Tuesday, September 8th: Pepperonitopped pizza wedge, seasoned green beans, chilled pears in syrup, milk.

Wednesday, September 9th: Cheeseburg in roll, steamed rice, seasoned peas and carrots, chilled peaches or jello with topping, milk.

Thursday, September 10th: Baked hamburg and macaroni with spaghetti sauce, buttered Italian bread, broccoli cuts, pineapple tidbits, milk.

Friday, September 11th: Oven-baked chicken nuggets, seasoned diced carrots, bread and butter, rosy applesauce, chocolate brownie, milk.

American Legion Scholarship Winners

The American Legion Auxiliary (Unit 185) is pro-ud to announce that its two scholarship winners from the Feeding Hills area have left for their respective colleges to pursue their academic

careers Jonathan Bernard was given a \$100 scholarship (Gladys Catchepaugh Memorial), and he'll be majoring in engineering at Western New England College in Springfield. Jonathan worked part-time at Big Y and resides with his mother.

Eric Robinson was presented a \$500 department (state) scholarship at the American Legion Auxiliary convention this past June (his parents were also in attendance and introduced to the audience). Eric will be majoring in computer science/education. He worked at Super Stop & Shop and lives with his parents.

Speaking for the A.L.A. Unit 185, Pauline (Peg) Brown, past scholarship chairman and past Hampden County director, wishes good luck to both Jonathan and Eric in their future endeavors.

ADVERTISER NEWS

Cub Pack 75 To Hold School Night Sign-Up

Pack 75, sponsored by Sacred Heart Church in Feeding Hills, will be starting Wednesday, September 9th, from 6:30 to 8:00 p.m., for the 1998-1999 season.

Anyone who has called us about joining the Pack, please call us back or see us on September 9th at Sacred Heart's Social Center or on school night, Thursday, September 10th, from 6:30 to 8:00 p.m. at the Social Center (it's the building before

Any first-grade through fifth-grade boys are in-

vited, as well as their parents.

If you need to call us, the number is 786-2309. (It does not matter where you live, as long as you can get to the meetings. See you soon.)

"Back To School" Night At Middle School

The Agawam Middle School will hold a "Back To School Night' for parents on Thursday, September 10th at 7:00 p.m.

Parents of both fifth- and sixth-grade students will follow their child's daily program and meet with the subject teacher in a classroom situation.

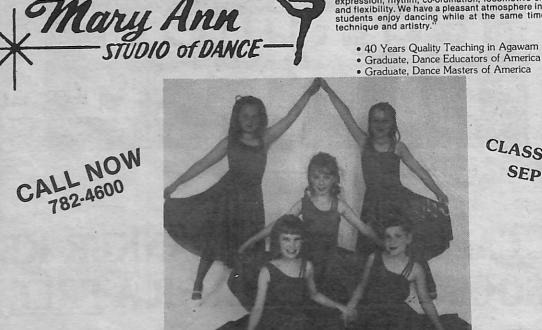
The teacher will discuss the course of study, homework assignments, and answer questions parents may have.

Because their is usually a large attendance on this evening, students should not accompany

All parents will meet at 7:30 p.m. in their child's homeroom at which time the program for the evening will be explained.

"Our dance program has been specially designed to develop creative expression, rhythm, co-ordination, locomotive skills, muscle control, and flexibility. We have a pleasant atmosphere in our studios, and our students enjoy dancing while at the same time are learing proper technique and artistry."

Check our classified ads each and every week ...



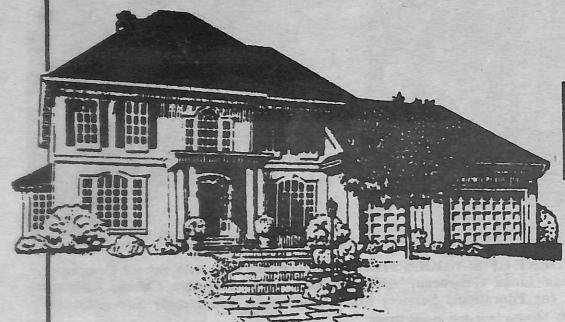
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\$1.99 Lb. 10 Lbs. Or More ... Fresh Ground Chuck \$1.69 Lb. 5 Lbs. Or More \$1.39 Lb. 10 Lbs. Or More Frozen Hamburg Patties (5 Lb. Box - 25 Patties) **Fresh Ground Round Patties** (12 Qtr.-Pound Patties - 3 Lb. \$7.99 Box)

Fresh Hamburg Patties \$4.49 (10 Patties - 2 Lb. Box) Whole Butt \$4.99 Lb. **Tenderloins Whole Boneless Top** \$1.89 Lb.

SEAFOOD

Frozen Swordfish \$3.99 Lb. **Steaks** Alaskan King Crab \$8.99 Lb. Legs & Claws

Tuesday & Wednesday

Beef Round Cubed Steaks

1.99

Lay's Potato Chips (Assorted Varieties)

A Bag



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Ham	\$3.49 Lb.
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Bologna	\$1.39 сь.
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Thumann's Gourmet	Turkey
Breast	\$4.99 Lb.
Hormel Genoa	
Salami	\$2.99 Lb.

PRODUCE

Bananas	39° Lb.
Native Prune Plums	89° Lb.
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(Jumbo Size)	59° ea.
Iceberg Lettuce	\$89° Hd.
Local Onions	89¢
(3 Lb. Bag)	09
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(1 Lb. Bag)	33

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AHS Schedules Back-To-School Night For September 9th

Agawam High School will be having a back-toschool night on Wednesday, September 9th, from 7:00 to 9:00 p.m.

A presentation will take place in the cafeteria and will be followed by classroom visitations.
All parents or guardians are urged to attend.

Those attending are encouraged to bring a copy of their child's schedule.

Westfield Vo-Tech PTO To Meet On

The first meeting of the Westfield Vocational Technical High School Parent Volunteer Organization (PVO) for the 1998-99 school year will be held Wednesday, September 9th, at 7:00 p.m. in the school office conference room.

September 9th

At this meeting, participants will decide the future meeting days for the committee meetings, and begin preparation for the Annual Craft Fair to

be held in November.

All parents and guardians of Westfield Vocational Technical High School students are welcome and encouraged to attend.

Barbara Skolnick Is An Adjunct Professor At Springfield College

Barbara Skolnick, a principal for 27 years in the Agawam Public Schools, has once again been asked by Springfield College to be an adjunct professor, training and supervising junior and senior students to become outstanding teachers.

She begins her work this week.

ATTENTION SOCCER COACHES PIONEER VALLEY TEAMS: We will once again accept small write-ups and updates of your team to be printed in the "Sports" pages each week. The deadline is Tuesday at 12:00 noon. Please type (double-spaced) or print very legibly. We will assemble all the little articles under the "Pioneer Valley Soccer" headline each week — ADVERTISER NEWS!!!

Updated Information Regarding Disciplinary Policies/Procedures At Agawam High School

(EDITOR'S NOTE: The following article regarding discipline policies at Agawam High School includes updates that were inadvertently omitted from last week's "Back-To-School" issue.)

DISCIPLINE SYSTEM

The Agawam High School discipline system is based on many factors. It is reflective of the combined effort of the administration, faculty, student government, school council, and others. It is also reflective of national and state reform movements that emphasize the importance of safe schools. The fundamental purpose of the discipline system is to insist that student behavior be based on respect and responsibility.

DISCIPLINE POLICIES ZERO TOLERANCE

A. Any student who is found on school premises or at school-sponsored or school-related events, including athletic games, in possession of a dangerous weapon, including but not limited to a gun or knife, will be suspended and may be subject to explulsion from the school or school district by the principal.

B. Any student who is found on school premises or at school-sponsored events, in-

cluding athletic games:

1. under the influence of or in possession of a controlled substance as defined in General Laws, Chapter 94C, including but not limited to marijuana, cocaine, and heroin, or

2. engaging in the sale, distribution, or exchange of a controlled substance as defined in General Laws, Chapter 94C, including but not limited to marijuana, cocaine, or heroin, or

3. under the influence of, in possession of, or having consumed any alcoholic beverage, or

4. engaging in the sale, distribution, or exchange of any alcoholic beverage will be suspended and may be subject to expulsion from the school or school district by the principal.

C. Any student who assaults or threatens a principal, deputy principal, dean of students, teacher, teacher's aide, or other educational staff on school premises or at school-sponsored or school-related events, including athletic games, will be suspended and may be subject to expulsion from the school or school district by the principal.

D. Any student who is involved in arson, the assault and battery of another student, dangerous threats to another student, bomb threats, false fire alarms, or other dangerous behavior on school premises or at school-sponsored or school-related events, including athletic games, will be suspended or may be subject to expulsion from the school or school district by the principal with the approval of the School Committee.

E. Any student who is charged with a violation of any of the above shall be notified of an opportunity for a hearing. In cases of expulsion, the student may also have representation and the oppor-

tunity to present evidence and witnesses at said hearing before the principal.

F. Police will be notified in all cases. SCHOOL SAFETY

Any student who makes a verbal or written threat to kill or harm an individual or group of individuals will be subjected to the following:

dividuals will be subjected to the following:

1. Said student will be disciplined according to the discipline policies outlined in zero tolerance.

2. Those being threatened will be directed to file court complaints.

SUSPENSION AND EXPULSION BASED ON A FELONY

(Massachusetts General Laws, Chap. 380, Section 2: Amendement 1 to Section 37H)

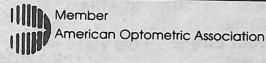
Section 2: Amendement 1 to Section 37H)

1. Upon the issuance of a criminal complaint charging a student with a felony, or upon the issuance of a felony delinquency complaint against a student, the principal or headmaster of a school in which the student is enrolled may suspend such student for a period of time determined appropriate by said principal or headmaster if said principal or headmaster determines that the student's continued presence in school would have a substantial effect on the general welfare of the school. The student shall receive written notification of the charges and the reason for such suspension prior to such suspension taking effect. The student shall also receive written notification of his right to appeal and the process for appealing such suspension; provided, however, that such suspension shall remain in effect prior to any appeal hearing conducted by the superintendent.

The student shall have the right to appeal the suspension to the superintendent. The student shall notify the superintendent in writing of his request for an appeal no later than five calendar days following the effective date of the suspension. The superintendent shall hold a hearing with the student and the student's parent or guardian within three calendar days of the student's request for an appeal. At the hearing the student shall have the right to present oral and written testimony on his behalf, and shall have the right to counsel. The superintendent shall have the authority to overturn or alter the decision of the principal or headmaster, including recommending an alternate educational program for the student. The superintendent shall render a decision on the appeal within five calendar days of the hearing. Such decision shall be the final decision of the city, town, or regional school district with regard to the suspension.

2. Upon a student being convicted of a felony or upon an adjudication or admission in court of guilt with respect to such a felony or felony delinquency, the principal or headmaster of a school in which the student is enrolled may expel said stu-

SEE DISCIPLINE - Page 35...



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the expulsion.

The Agawam Advertiser News

DISCIPLINE - from Page 34...

dent if such principal or headmaster determines that the student's continued presence in school would have a substantial detrimental effect on the general welfare of the school. The student shall receive written notification of the charges and reasons for such expulsion prior to such expulsion taking effect. The student shall also receive written notification of his right to appeal and the process for appealing such expulsion; provided, however, that the expulsion shall remain in effect prior to any appeal hearing conducted by the

superintendent. The student shall have the right to appeal the expulsion to the superintendent. The student shall notify the superintendent, in writing, of his request for an appeal no later than five calendar days following the effective date of the expulsion. The superintendent shall hold a hearing with the student and the student's parents or guardian within three calendar days of the expulsion. At the hearing the student shall have the right to counsel. The superintendent shall have the authority to overturn or alter the decision of the principal or headmaster, including recommending an alternate educational program for the student. The superintendent shall render a decision on the appeal within five calendar days of the hearing. Such decision shall be the final decision of the city, town, or regional school district with regard to

Upon expulsion of such student, no school or school district shall be required to provide educational services to such student.

> SUSPENDABLE BEHAVIORS INTERNAL SUSPENSION GUIDELINES

Internal suspension may be assigned by an administrator as an alternative to out-of-school suspension. Parents/guardians are notified. Students assigned to internal suspension are isolated from their peers for the duration of their assignment. During internal suspension, students will work on school-related assignments.

1. SMOKING No smoking is allowed anywhere in the building or on school grounds during the school day. Massachusetts State Law Chapter 71, Section 2A PROHIBITS THE USE OF TOBACCO PRODUCTS IN THE PUBLIC SCHOOLS. IT SHALL BE UNLAWFUL FOR ANY STUDENT, ENROLLED IN EITHER PRIMARY OR SECONDARY PUBLIC SCHOOLS IN THE COMMONWEALTH, TO USE TOBACCO PRODUCTS OF ANY TYPE ON SCHOOL GROUNDS DURING NORMAL SCHOOL HOURS. This policy also prohibits the use of snuff and chewing tobacco.

CONSEQUENCES: 1st offense — One-day external suspension. 2nd offense — Two days external suspension. 3rd offense and subsequent offenses - Five

days external suspension.
2. POSSESSION OF ANY TOBACCO PRODUCTS CONSEQUENCES:

1st offense — One day external suspension. 2nd offense — Two days external suspension. 3rd offense and subsequent offenses - Internal or external suspension at the discretion of the administration.

3. TRUANCY Attendance at every session of school is absolutely essential for good scholastic standing. While school is in session, all outside interests should be considered of secondary importance. Appointments with doctors and dentists should not be made during school hours.

If you are truant you will forfeit all normal makeup privileges. Your work will be counted at half value. Parent/guardian notification will be a usual consequence, and persistent truancy can result in a student contract, request for withdrawal from school, or a recommendation for expulsion from

CONSEQUENCES: 1st offense - One day internal suspension.

2nd offense — Two days internal suspension.
3rd offense — Three days internal suspension.
4. USE OR POSSESSION OF FIREWORKS, STINK
BOMBS, ANIMAL SCENTS, ETC.
CONSEQUENCES:

1st offense — Three days external suspension. 2nd offense — Five days external suspension. 3rd offense — Ten days external suspension and recommendation for expulsion. Police to be notified in certain cases.
5. USE OF MATCHES, LIGHTERS, ETC.

CONSEQUENCES:

1st offense — Three days external suspension.
2nd offense — Five days external suspension.
3rd offense — Ten days external suspension and recommendation for expulsion. Police to be notified in certain cases.

6. THEFT OF PERSONAL OR SCHOOL PROPERTY

CONSEQUENCES: 1st offense — Three days external suspension.
2nd offense — Five days external suspension.
3rd offense — Ten days external suspension and recommendation for expulsion. Return of stolen property or restitution also required. Police to be notified in certain cases.

7. TAMPERING WITH A FIRE EXTINGUISHER CONSEQUENCES:

1st offense — Three days external suspension. 2nd offense — Four days external suspension.
3rd offense — Five days external suspension.
INITIATION OF A FOOD FIGHT CONSEQUENCES:

1st offense — Three days external suspension. 2nd offense — Ten days external suspension and recommendation for expulsion. Restitution

may also be required.
9. PARTICIPATION IN FOOD THROWING CONSEQUENCES:

1st offense — Two days external suspension. 2nd offense — Three days external suspension. 3rd offense — Four days external suspension.

Restitution may also be required.

10. POSSESSION OF DRUG PARAPHERNALIA CONSEQUENCES:

1st offense — Ten days external suspension. 2nd offense — Ten days external suspension or

expulsion. Police will be notified.

11. VANDALISM: DEFACING OR DAMAGING SCHOOL PROPERTY INCLUDING COMPUTERS AND THEIR RECORD FILES AND SYSTEMS CONSEQUENCES

1st offense — Up to three days internal suspen-

2nd offense - Three to five days internal suspension.

3rd offense — Five to 10 days external suspension. Restitution will be required in all cases.

12. PROFANITY OR VULGARITY DIRECTED AT SCHOOL STAFF

CONSEQUENCES: 1st offense — Written apology and two days in-

ternal suspension.
2nd offense — Written apology and four days

internal suspension. 3rd offense - Three to five days external suspension.

13. GAMBLING

CONSEQUENCES: 1st offense — One day internal suspension. 2nd offense - Two days internal suspension. 3rd offense — Three days internal suspension.

Police may be notified in certain circumstances.

14. USE OF RACIAL, RELIGIOUS, ETHNIC SLURS
OR SYMBOLS THAT DEMEAN OTHERS CONSEQUENCES

 Written apology and two days in-1st offense ternal suspension.

2nd offense - Written apology and three days internal suspension.

3rd offense - Written apology and four days internal suspension.

15. HARASSMENT SUCH AS REPEATED NAME CONSEQUENCES:

1st offense — Written apology and one day internal suspension.

2nd offense - Written apology and two days internal suspension.

3rd offense - Written apology and three days internal suspension.

16. MISUSE OF INHALANTS, GLUE, ETC.

CONSEQUENCES: 1st offense — Three days external suspension. 2nd offense — Five days external suspension. 3rd offense — Ten days external suspension

and recommendation for expulsion.

17. UNEXCUSED ABSENCE FROM OR TARDINESS TO AN INTERNAL SUSPENSION **ASSIGNMENT**

CONSEQUENCES: 1st offense - One additional day of internal suspension.

2nd offense — Two additional days of internal supension.

3rd offense — Three additional days of internal

18. DEFIANCE OF THE AUTHORITY OF SCHOOL **ADMINISTRATORS AND TEACHERS**

CONSEQUENCES:

1st offense — Three days internal suspension.
2nd offense — Five days internal suspension.
3rd offense — Five days external suspension.
19. REFUSAL TO IDENTIFY ONESELF TO A
STAFF MEMBER

CONSEQUENCES:

1st offense - One day internal suspension. 2nd offense — Two days internal suspension.
3rd offense — Three days internal suspension.
20. FAILURE TO SIGN IN UPON ARRIVAL TO SCHOOL

CONSEQUENCES: 1st offense — One day internal suspension. 2nd offense — Two days internal suspension. 3rd offense — Three days internal suspension.

21. FORGERY/MISUSE OF A PASS

CONSEQUENCES:

1st offense — One day internal suspension.
2nd offense — Two days internal suspension.
3rd offense — Three days internal suspension.
2. OUT OF BOUNDS/LEAVING SCHOOL

GROUNDS The following areas are considered out of bounds during the school day:

Beyond the sidewalks of the circle in front of the school.

Behind the dock.

Agawam Public Library grounds.
Wooded areas surrounding the school.

* The maintenance area.

* Outside the new addition.

The athletic fields. * Any off-campus sites during the school day.

* Physical education locker rooms during class time (without permission). Parking lot. (If you must go to the parking lot

for any reason during the day, you must have a pass from the office. Loitering in this area will result in disciplinary action.)

Any other area that the administration deems inappropriate.

CONSEQUENCES:

1st offense — One day internal suspension. 2nd offense — Three days internal suspension. 3rd offense — Five days internal suspension. If a car is involved, the car privilege will be

denied for nine weeks. Once a student arrives on school grounds,

he/she is expected to remain on school grounds. If he/she vacates the school grounds or building without the permission of an administrator, he/she will be suspended appropriately.

The Agawam High School administration

reserves the authority to suspend for other behavioral circumstances not listed.

NATURE OF OFFENSE & REPEATED OFFENSES The above outlined levels of disclipine for specified offenses are provided as minimum guidelines to insure that every student is aware of the potential consequences of actions which violate the discipline policies of the Agawam Public Schools. In determining the level of discipline in each case, the principal shall review the nature and the facts and circumstances sur-rounding the alleged offense and the student's prior disciplinary record. After completing said review, the principal may in his/her sole discretion impose the minimum level of discipline provided for in these discipline policies, or he/she may impose greater discipline, including but not limited to, more detentions, a longer suspension, the imposition of a discipline contract, and/or expulsion from the school or school district.
SUSPENSION EFFECTS

A conference with the student, a parent or guardian, and an administrator will be arranged after the student has been externally suspended. It may occur during the period of suspension or when the student returns to school from the suspension. If the period of the student's suspension exceeds three school days, the administra-

SEE DISCIPLINE - Page 36...

Bruno's Pizzeria

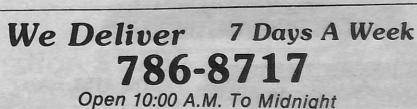
807 Springfield Street Feeding Hills

Hot — Fresh — Delicious

Pizza Pizza Pizza!

Grinders Grinders!

Calzones Calzones!





DISCIPLINE - from Page 35...

tion will arrange for assignments to be sent home to the student. Students are responsible for mak-ing up all work missed during the suspension period within a week of their return to school.

During the period of suspension, a student may not take part in any extracurricular activities or school functions, nor be in the building or on the grounds during the school day.

Parents/guardians will be notified of their child's internal or external suspension by mail.

STUDENT MOTOR VEHICLE REGULATIONS.

The following regulations are designed to promote safety and order in the high school driveways and parking lots. Failure to comply with these regulations and conditions may result in the revocation of driving privileges on school proper-

ty.

1. The maximum speed limit on all school property is 15 m.p.h. Students must drive on school property using caution and consideration for vehicles and pedestrians. Reckless or careless driving will be reported to the police department

and Registry of Motor Vehicles.

2. Student cars must be parked in single spaces. Cars parked in illegal areas will be subject to towing on the first offense. Towing is at the student's expense

3. During school hours, students are not to park in the area of the shops and music rooms or the Agawam Library.

4. Bringing a motor vehicle to and from school

is a privilege 5. Only juniors and seniors who are passing 20 credits and have no suspensions on their discipline record may drive motor vehicles to

6. Students granted permission must display the proper sticker at all times. (Driver Side - Top Left Rear Window.)

7. All students must park their vehicles in the student area of the parking lot at all times.

Middle School Prog. At W. Spfld. Club

The Town of Agawam is lacking for after-school and school vacation care for children of middle school ages. The West Springfield Boys & Girls Club on Main Street has agreed to run a bus to the Middle School in Agawam after school and transport the students to the club to participate in their program if we can get a minimum of 10 students to participate.

The club is open until 8:00 p.m. each weeknight. The cost of the program is only a \$75 membership fee yearly and \$15/week for transportation. There is an additional fee for school vacation weeks.

Anyone interested in participating in this program should contact Ed Souliere at 786-0058. He is gathering a list of names to present to the club for their consideration.

8. Once a car has been parked in the lot by a student, there shall be no loitering in the car by students.

9. Once a car is parked, the driver or any other pupil shall not be allowed to enter the car until the driver is ready to leave for home.

10. Students who do not obey the regulations regarding motor vehicles at school will have the privilege to drive to school revoked.

11. If a student uses his/her vehicle to transport onto the school grounds any form of alcoholic beverages or drugs, such action will result in the loss of parking privileges for the school year, suspension or expulsion, and subjection to prosecution by law enforcement authorities.

VIOLATION OF STUDENT
MOTOR VEHICLE REGULATIONS
CONSEQUENCES:

1st offense - Denial of the motor vehicle privilege for nine weeks.

2nd offense - Denial of the motor vehicle privilege for an additional nine weeks.

3rd offense - Denial of the motor vehicle privilege for the **remainder of the year**. If a student who has been denied the motor vehicle privilege persists in attempting to bring his/her motor vehicle to school or the public library, the motor vehi-cle will be subject to towing at the expense of the

DETENTION

Violation of general school policies will result in the assignment to office detention, held Monday through Thursday from 1:50 to 2:40 p.m. The student is expected to bring enough work to keep busy for the entire detention period. The teacher in charge of detention may withhold credit if the time is not properly used. The student will not be admitted into detention after the bell. If the student needs to be excused from attending detention on a particular afternoon, the student must get permission from an administrator before the detention is to be served.

Examples of infractions that could result in from one to five detentions are as follows:

Classroom misbehavior.

Taking food from the cafeteria. Inappropriate display of affection.

Littering.

Card playing. Failure to report to teacher detention.

* Snowball throwing.

Overdue library books.

Interference with the enforcement of school

Cafeteria misbehavior.

Skipping a scheduled period. Disobedience.

Lack of corridor pass.

Excessive tardiness.

Misuse of equipment or materials.

* Parking lot violation.

Loud behavior.

* Possession of lighter

Possession of matches
Possession of electronic devices.

ATTENDANCE TO BE ENFORCED

Purpose—Agawam High School is committed to providing quality education to all students. As reflected by the philosophy of Agawam High School and the community, education is a key factor for success and can only be achieved through regular class attendance, student participation, and academic achievement achievement.

Students will be given subject expectation and classroom procedure statements by their classroom teachers. The expectation sheets will describe the subject curriculum to be covered and the grading system which will include a participation assessment. Constant monitoring of attendance will take place each class period

"Parents Anonymous" Of Western Mass. Seeks New Members To Join Support Group

Parents Anonymous (PA) is a free and confidential support group for parents who would like their relationship with their children to be less stressful. At PA, parents have an opportunity to talk with others who may be having the same problems and fears and learn to deal with the stress of parenting in ways that are healthier and hap-

pier for the entire family.

Parents are welcome to join at any time and there are no fees or dues. Free child care is provid-

ed, and local groups meet in Westfield.

If you are interested in joining this special group, please call the Western Massachusetts Regional Coordinator at 731-5051.

Our deadline is each Tuesday at 12:00 noon... AAN!!!

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At Agawam High School

September 5th - 7:00 P.M.



Tickets: \$4.00 / Adults \$2.00 / Students

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To benefit

<u>Agawam High School Athletics</u>

Saturday, September 26, 1998

Agawam Municipal Golf Course

138 Southwick Street Feeding Hills, MA. 01030

7ime: 8:00 AM Shotgun Start Fee: \$50.00 Per Golfer

Limit 144 Golfers

Includes continental breakfast, 18 holes of golf, cart, raffle, prizes and cook-out

Prizes: Closest to the Line Deadline:

Nearest to Pin Open Division Mixed Division September 15,1998

Please address all entries & checks to: Agawam High School Athletics, C/O Kathy McSweeney, 760 Cooper St., Agawam. For more information call Kathy McSweeney at 821-0529 or Agawam High School at 821-0530.

Entry Form

Entry Fee: \$50.00 per golfer

Preferred Foursome

Name:

Address:

Telephone:_____

Cookout only -- Donation \$10.00 HOLE SPONSORS AVAILABLE FOR \$50.00





For The 1998 Football Season...

Brownie Captains Have Plenty Of Experience

by Dave Rollins Sports Editor

The captains for the 1998 edition of the Agawam High football team are set. They'll be runningback/linebacker Brian Gallagher, offensive guard/linebacker Bob Fuller, and tightend/linebacker Marc Pedraza. There is plenty of football experience among this talented trio.

Gallagher has been playing since the eighth grade. He started out in the Suburban Football

Gallagher has been playing since the eighth grade. He started out in the Suburban Football League where he was a right offensive guard and a left offensive tackle for the Agawam entry. "The league had weight limits and I had the weight, so they made me a lineman," Gallagher admitted.

When he came to AHS, his desire was to be a

When he came to AHS, his desire was to be a running back. The varsity beckoned when he was a sophomore and he spent that year as a blocking back (mostly for Jeff Blews, who enjoyed a 1,000-yard season).

In 1997, the big guy was the starting tailback. Though he excels on offense (929 yards on 211 carries as a junior), defense really is his first love. The reason is simple. "I love contact, especially when I'm dishing it out. Whaling people is awesome" he said, a thin smile on his face.

awesome," he said, a thin smile on his face.

Gallagher can run the 40 in five seconds flat. He benches 225 pounds. He is bigger this year (at 225), up from 219 last year. It's all packed over a 6'2" frame. "I don't have a gut (he doesn't), I just bulked up over the summer," he noted.

Chicopee Comp Game A Memorable One

His best football memory came last year in the Chicopee Comp game. The visiting Colts were up 16-0 at the half. But two second-half touchdowns by Gallagher and the ansuing two point conver-

Chicopee Comp Game A Memorable One

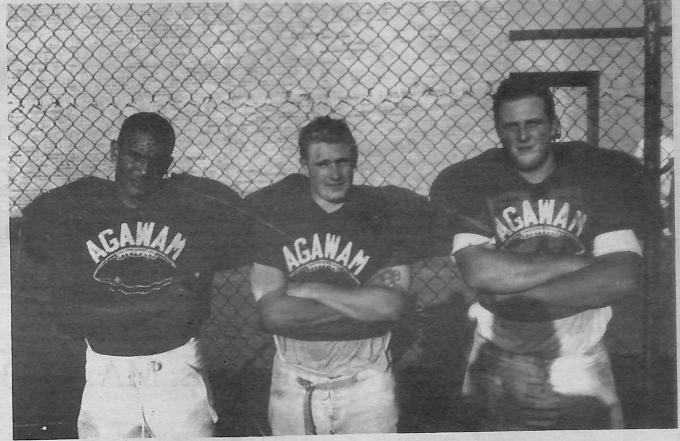
His best football memory came last year in the
Chicopee Comp game. The visiting Colts were up
16-0 at the half. But two second-half touchdowns
by Gallagher and the ensuing two-point conversions saw Agawam come away with a hard-fought
16-all tie. "That game gave us some confidence,
which we'd been lacking. Everyone did a great job
in the comeback," he said.

Gallagher is a team player. He could have mentioned as his top game a 33-8 win over Holyoke earlier in the season when he gained 256 yards and scored four touchdowns.

Gallagher feels his best asset is a nose for the football when he's on defense. He feels his speed is something he has to work on. "There are exercises to get you faster. I'm working on that," he

Gallagher wasn't overly surprised to be named a captain. "No, but it wouldn't have been the end of the world if I wasn't selected. It is an honor, though, and I'm happy to have that responsibility."

How will he handle his duties? "I'm not a talker. There won't be any big speeches from me. I hope I can lead by example."



AGAWAM HIGH SCHOOL'S trio of football captains for the 1998 campaign (from left to right): Marc Pedraza, Bob Fuller, and Brian Gallagher. Advertiser News photo by Dave Rollins.

Bob Fuller is the picture of a tough, nononsense guy; someone who will inform someone if they've screwed up on the football field and in no uncertain terms explain how to undo the damage.

The six-foot, 190-pounder has been playing football since he was in the fifth grade with the Agawam Warriors of the Suburban Football League. Along the way, he's been a quarterback, tight-end, fullback, linebacker, defensive end, and nose tackle. Guard and linebacker are the two positions he favors.

After last year on the varsity, mostly as a linebacker, he will contribute on offense as an offensive guard. "Really, in the end, I don't care where I play as long as I can do it well and help us win ball games," Fuller said.

Despite his size, he runs the 40 in five seconds that and can do five reps on the bench with 215.

Despite his size, he runs the 40 in five seconds flat and can do five reps on the bench with 215 pounds on the bar. It's crazy, really, to ask him if he likes contact, but we did. "Oh, yeah, I do," was

his simple answer.

Fuller's finest memory as an Agawam High School football player came last season at Minnechaug. "I had my first sack in seven years of

playing football," he smiled. The Brownies went on to win that game, 35-20. He would have two sacks on the season.

Endurance Greatest Asset

He feels endurance is his greatest asset. "I always try to be in great shape. I want to be able to go as hard in the last minute as I did in the first." What does he need to work on? "All my run and pass blocking. I'm a worker so it will come."

and pass blocking. I'm a worker so it will come."

Being named captain was an honor for the senior. He hoped for it, as recognition for giving everything he had. "I'm not the most talented guy out there, but I'll try to show them how it's done with hard work," he added.

Marc Pedraza is the third member of the group. He has been playing since the eighth grade. He is another one who has a ton of experience - guard, tackle, wide receiver, tight-end, linebacker, and defensive end. He became a starting varsity player as a sophomore. Then he was a linebacker.

Player as a sophomore. Then he was a linebacker.

Right now, he likes the offensive aspect of the game. "If things are on the line, I would like the hall."

SEE FOOTBALL - Page 39...

Best local news... AAN!!!



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Looking Forward To The 1998 Season...

Senior Field Hockey Captains To Strive For Team Unity And Preparedness

by Dave Rollins Sports Editor

The Agawam High field hockey team has elected seniors Sarah Latif and Heather Hughes as 1998 captains.

Latif has been a member of the team since her freshman year in 1995. This is her second season on the varsity. "I'm a midfielder, which means I get chances on both offense and defense," she said, then added, "I tend to enjoy defense a little better." Latif had one goal last season, as she concentrated on keeping the ball out of the Brownie net.

She feels her free hits, which come after an infraction by the other team, are a strong point. "I like to bang away at the ball. Sometimes it works. Sometimes it doesn't," Latif laughed.

She feels her stick work could improve along with her running. "I'm in good shape. But I'm more of a long-distance runner than a sprinter," Latif explained.

Her best field hockey memory to date is her sophomore year in 1996. "We had a good, positive varsity team. Even though I was on the junior varsity squad, the feeling was great," she smiled.

Latif admits the captain's job was one she'd wanted since her freshman year. "It's a true honor. The team, with the help of the coaches, made the selection. It's nice to know they have that much faith in you," she said.

What will Latif bring to the table as a co-

captain? "I'll try to promote togetherness and make sure we are all on the same page so we'll

stay focused during the season," she stressed.

Heather Hughes plays in front of Latif. They are linemates, so to speak. This is Hughes' fourth season playing field hockey for AHS. She made it to the varsity in the middle of her sophomore year. She has played only one position during her schoolgirl career — defense.

And like most athletes who choose that side of the ball, her mindset is one of aggression. "I love taking the ball away from the opposition," she

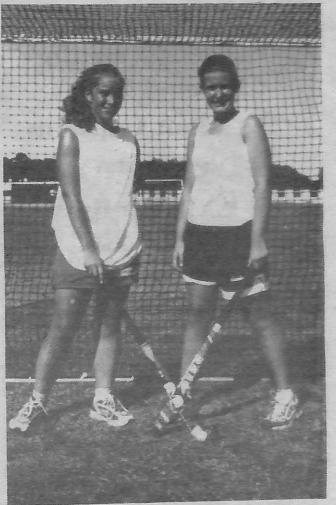
says.

Hughes feels her strongest point is never giving
things get the harder I play," she up. "The worse things get, the harder I play," she notes. What could she work on? "Controlling the ball. I'm very good at getting it away from so-meone, but I have a little problem keeping it," Hughes smiled.

Her fondest memory so far is their final game of last season, a 3-3 battle against visiting Minnechaug. "It was the best game we played all year. They were tough. On that day, we played completely as a team.

Hughes says she was surprised at being elected a captain. "I didn't think about it too much because there are so many talented seniors on

But she is one, and with the position comes responsibilities. She seems ready to accept them. "I'll try and make sure we stay united as a team and be prepared for every game we play," the



SENIORS HEATHER HUGHES (left) and SARAH LATIF have been named the 1998 captains for AHS's field hockey team. Advertiser News photo by Dave Rollins.

FOOTBALL - from Page 38...

Pedraza runs a 4.7 40. He can bench 320 pounds. Hitting is the best part of the game for him. And he likes to give more than receive. Hard Work & Catching The Ball A Plus

He feels his strongest point is working hard every day and catching the football. Size troubles him. "I'd like to get bigger. Right now I'm six feet and 205. But I'm only 16 years-old, so maybe something will happen."

Was it a surprise to be named a captain? "Bob (Fuller) is a really aggressive guy. Brian (Gallagher) is a force on the field. Yes, I'm

honored," he admitted. Now that Pedraza has the responsibility, how will he deal with it? "I'm going to show the guys on the sideline, the ones who don't play all the time, that they are important. The efforts they put in during practice are part of what we are. We all win together."

ATTENTION SOCCER COACHES PIONEER VALLEY TEAMS: We will once again accept small write-ups and updates of your team to be printed in the "Sports" pages each week. The deadline is Tuesday at 12:00 noon. Please type (doublespaced) or print very legibly. We will assemble all the little articles under the "Pioneer Valley Soccer" headline each week — ADVERTISER NEWS!!!

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1998 Schoolboy Soccer...

Quartet Of Seniors Chosen To Serve As Team Captains

by Dave Rollins Sports Editor

The 1998 edition of the Agawam High boys' soccer team unveiled its captains earlier in the week. Coach Dwight Northrup has chosen four standout seniors to lead his club through the campaign — Rich Rodriquez, Jay Flood, Dave Federico, and Dave Thomas.

Rodriquez has been playing soccer since he was nine years old, starting out his career in the Pioneer Valley Junior Soccer League. Most of his playing time has been spent as a midfielder, with an accent on defense. He spent the summer play-ing in the men's division of the PVSSL. He has spent four years on the Brownie varsity and considers Agawam's appearance in the Division I finals in 1996 as his most memorable moment with the team, even though they lost to Cathedral. Rodriquez feels his skills are pretty even across

the board. One area he'd like to see improve a bit is his offense, even though he isn't asked to put the ball in the net.

Rodriquez says he was a bit surprised at being named a captain, but felt his four years of experience gave him a good chance at the honor. "I'll try to help motivate everyone and help when problems arise. As a captain, I'll try to smooth things over and present solutions to the coaches so they can be informed," he said.

Jay Flood is a sweeper who has played soccer

since he was four years-old, starting in the Agawam Soccer Association's Instructional League. Then it was on to the Pioneer Valley Junior Soccer League and the High School team. He notes that his soccer career almost ended when he was eight. "I quit the game for a year. Luckily, one of the friends' fathers coached in the Pioneer Valley League, so I started to play again and have been going strong ever since," he smil-

Flood made the varsity at the end of his sophomore year. He likes sweeper, a position he has played exclusively on the varsity. Agawam's appearance in the 1996 Division I finals stands out in his mind. "That was an exciting end to my first year on the varsity," he smiled.

Flood feels the strongest part of his game is being able to keep calm during the heat of battle. "We've been taught that since day one." Flood noted. He also feels he distributes the ball well when getting it out of the defensive zone. Com-

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THE FOUR SENIOR PLAYERS who have been chosen as the 1998 captains for the AHS boys' soccer team (from left to right): Jay Flood, Rich Rodriquez, Dave Federico, and Dave Thomas. Advertiser News photo by Dave Rollins.

munication is something he's working on. "At my position, you have to talk to the guys in front of

you. Last year, Bryan (goalie Bryan O'Quinn) did most of that. Now, it will be my turn." The team captains were named just before last season's Western Mass. Tournament. "I was hop-

ing I'd be one," Flood admitted.

He hopes he'll bring a touch of experience to the captain's job. "I'll try to inspire the others with some very good performances throughout the season," Flood said.

Midfielder David Federico is the third member of the captain's club. He has been playing soccer for 10 years. Last season was his first on the varsity. Besides midfield, he has also had some experience on defense. "I like the halfback position

because you get to see action on both offense and defense," he noted.

His best career memory was getting two goals in a game under the lights last year in a 4-1 win against visiting Monson. Federico would end up with three goals and an against over the content. with three goals and an assist on the season.

Federico feels his strong point is advancing the ball upfield. Ballhandling is a skill he's still

He admits getting a captain's position was mildly surprising, but accepts the job wholeheartedly. "I plan to be a player the others can look up to. I'll try to display leadership ability whenever possible," Federico smiled.

Another Dave is Dave Thomas. He has been playing soccer since he was five years-old. He has also played every position on the field, save for goalie. Center half is his favorite.

"I'm a playmaker there. It's an offensive position. I can feed people off the wings and down the center," said Thomas.

He prefers offense, and the best time of his Agawam soccer life came when they went to the Western Mass. Division I finals in 1996.

Thomas feels his game is well-rounded, so there is not a lot of room for improvement on defense. On offense, he would like to shoot bet-

This is his second year as varsity captain. "I learned from my junior year that it is an important job. I will try, this time around, to ask the best from all the players," remarked Thomas.

Our deadline for articles, press releases, etc., is Tuesday at 12:00 noon...

The Agawam Basketball Organization

will have final sign-ups for Suburban/CYO Basketball at the **Agawam Public Library Community Room** on Tuesday, September 8, 1998 from 7p.m. to 9p.m.

Registration is for:

5-6 grade boys 5-6 grade girls

7-8 grade boys 7-8 grade girls

Try-Outs:

GIRLS 5th/6th grade:

Thurs. Sept.17th, 5:00-7:00 p.m. JR.HIGH

GIRLS 7th/8th grade:

Thurs.Sept 10th, 7:00-9:00 p.m. JR. HIGH Thurs.Sept 17th, 7:00-9:00 p.m. JR. HIGH

BOYS 5th/6th grade:

Thurs. Sept.10th, 5:00-7:00 p.m. JR. HIGH Friday Sept.11th 5:00-7:00 p.m. HIGH SCHOOL Friday Sept.18th 5:00-7:00 p.m. JR. HIGH

BOYS 7th/8th grade:

Friday Sept.11th 7:00-9:00 p.m. HIGH SCHOOL Friday Sept.18th 7:00-9:00 p.m. JR. HIGH

No Fees will be collected at this time. For further information contact:

Steve Fox at 789-2425 or Fred Perry at 786-7914.

Hwang's School Of Tae-Kwon-Do At 1st Annual "Youth Day"

On Saturday, August 15th, at Kiley Middle School Field in Springfield, the First Annual "Youth Day" Festival was held from 11:00 a.m. to 7:00 p.m.

Presented by the Tomorrow's Youth Advocates Organization and co-sponsored by various community outreach/awareness organizations, the festival featured a kids' amusement arena, fun and games, face painting, animal balloons, clowns, pony rides, and a water playground.

What's more, martial arts demonstrations were conducted by several schools, including Hwang's School of Tae-Kwon-Do of 680 Springfield Street,

Under the direction of the school's owner, fourth-degree black belt Ray Shugart, over a dozen students of Hwang's were on hand to physically illustrate to those in attendance the various aspects of this particular art of self-defense.

Thomas DalMolin Golf Tourney Slated For September 13th

The annual Thomas DalMolin Golf Tournament will be held on Sunday, September 13th, at the Agawam Country Club.

Agawam Country Club.
Start time is 9:30 a.m. The cost of the event is \$65 and includes golf fees, cart, lunch, a steak dinner at Ferruccio's, and prizes.

Proceeds will benefit the Thomas DalMolin Scholarship Fund. Anyone interested in sponsoring a tee or in registering for the tournament can do so by calling Kip at 786-9773 or Mary Lou at 786-1959.

- ADVERTISER NEWS -



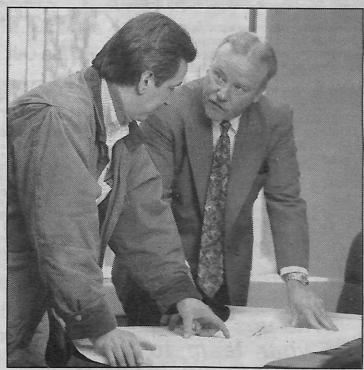
RAY SHUGART (standing, far left), fourth-degree black belt and owner of Hwang's School of Tae-Kwon-Do in Agawam, led his students in a demonstration of this particular art of self-defense at the First Annual "Youth Day" Festival, which took place on Saturday, August 15th, at Kiley Middle School Field in Springfield.

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JACK "Snake-Oil" PRENDERGAST (left) and TIM "The Kid" BURNS hold the championship trophy from the first annual wiffleball tournament held at the Springfield Turnverein.

Local Team Wins Wiffleball Tournament

Jack "Snake-Oil" Prendergast, Tim "The Kid" Burns, and Erik "Big Red" Debonis of Feeding Hills won the first annual wiffleball tournament held August 8th and 9th at the Springfield Turnverein.

Their team is known as The Frenchlick 33's, which is a tribute to Larry Bird. The team plays for the Turner Wiffleball League in Agawam, and their clutch hitting and great defense was just too much for everybody.

During the double elimination on Sunday, August 9th, the Frenchlicks overcame a 6-1 deficit in their last at-bat and pulled out a 7-6 victory over HRL. This inning was highlighted by a grand slam by Tim Burns.

In the championship game against the Rhode Island Kings, Jack Prendergast pitched a brilliant game with pinpoint control while their bats did the talking with a 7-2 victory. With a first-game loss on that Sunday, the Rhode Island Kings came all the way back from the loser bracket to play in the championship game.

Finishing in third place was a team from Colebrook, Connecticut, called Shame Train. Shame Train, a young team whose members range in age from 14 to 17 years-old, had a pitcher with a great screwball.

The West Side Bootleggers, who finished in fourth place, is also a team belonging to the Turner Wiffleball League.

In the home run derby contest, Hap "The Hooch" Gumley of Stoneham, Massachusetts, outdueled Dean Hoppe of Feeding Hills, 9-7, to be crowned the most powerful man alive.

ATTENTION SOCCER COACHES PIONEER VALLEY TEAMS: We will once again accept small write-ups and updates of your team to be printed in the "Sports" pages each week. The deadline is Tuesday at 12:00 noon. Please type (double-spaced) or print very legibly. We will assemble all the little articles under the "Pioneer Valley Soccer" headline week ... AAN!!!

Phipps Captures Hoop It Up Championship...



PHIPPS DISCOUNT LIQUORS captured a divisional championship at the Hoop It Up 3 on 3 Basketball Tournament held at the Bayside Expo Center in Boston on July 18th and 19th. The four-man team of Jordan Phillips, Tom Shugrue, Phelps School Principal Bob Farrell. and Mike Miller (pictured above) marched through the qualifying and playoff rounds of the "Older Than Dirt" division with an impressive 7-0 record. Although the team has previously won divisional championships at the Springfield and Hartford Hoop It Up Tournaments, this was its first appearance at the Boston stop of the Hoop It Up Tour.

For photo coverage in The AAN, contact photographer Jack Devine at 789-0053; however, please give him at least 48 hours' notice ... AAN!!!

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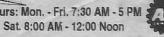
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TECHNICIAN

American Red Cross Tips On How To Deal With Extreme Heat

The American Red Cross is urging Americans to take action to protect themselves from extreme heat. The following are tips from the Red Cross on how to beat the heat.

IN THE HOT WEATHER: Dress for the heat. Wear lightweight, lightcolored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to

wear hats or to use an umbrella.

 Drink water. Carry water or juice with you, and drink occasionally even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the

· Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.

 Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00 a.m.

• Stay indoors when possible.

KNOW WHAT THESE HEAT-RELATED TERMS

• Heat wave: More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected.

• Heat index: A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15°F.

· Heat cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

 Heat exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

· Heat stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high - sometimes as high as 105°F

GENERAL CARE FOR HEAT EMERGENCIES:

 Cool the body. 2. Give fluids.

3. Minimize shock.

 Heat cramps/heat exhaustion: Get the person to a cooler place and have him or her rest in a comfortable position. Give a half-glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

"Hey, It's Cooler Than Running Laps!!!"



ON SATURDAY, AUGUST 22ND, members of the Agawam High School football team raised money for the 1998 season by conducting a car wash in the parking lot of Sacred Heart Church in Feeding Hills. Not only did this fundraising event benefit clean-conscious motorists, but it gave these Brownies some pre-season exercise. Advertiser News photo by Jack Devine.

Even Though Summer Is Almost Over, Don't Forget Rules Of Safety Around The Water

The Pioneer Valley Chapter of the American Red Cross offers the following tips on how to be safe around the water.

· Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. The American Red Cross has swimming courses for people of any age and swimming ability. The enroll in a course to learn or improve your ability to swim, contact your local Red Cross

 Always swim with a buddy; never swim alone. Know your swimming limits and stay within them. Don't try to keep up with a stronger skilled swimmer or encourage others to keep up with

Swim in supervised areas only.

 Obey "No Diving" signs that indicate the area is unsafe for headfirst entries. Enter feet-first into water rather than headfirst if you don't know the depth. In addition, learn the correct way to dive

from a qualified instructor.

• Watch out for the "dangerous too's" - too tired, too cold, too far from safety, too much sun, too much strenuous activity.

· Do not chew gum or eat while you swim; you

could easily choke.

Use common sense about swimming after eating. In general, you do not have to wait and hour after eating before you may safely swim. However, if you have had a large meal, it is wise to let digestion get started before doing strenuous activity such as swimming.

· Alcohol and swimming don't mix. Alcohol impairs your judgement, balance, and coordination especially in the water. It affects your swimming and diving skills and reduces your body's ability to stay warm.

Always wear a Coast Guard-approved life jacket when boating and fishing.

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The Ball Hogs Compete In Soccer "Shoot It Out"

Thomas Albano, Anthony DePalma, Steven Donah, and Ryan Wytrych represented their Pioneer Valley Soccer team, the Ball Hogs, in the U-9 Division of the "Shoot It Out" Three-on-Three Soccer Tournamen, which was recently held at Ludlow High School.

After five tough games against four teams from Ludlow and one team from Belchertown, the Ball Hogs earned the Gold Medal of Division 5 with some great soccer teamwork!

Coached by Tony DePalma and Tony Albano, the Ball Hogs had to overcome a tough opening loss to Belchertown, 3-2, to start the tournament. They won the second game convincingly, 5-3, with goals from Thomas Albano and Steven and River and

Anthony DePalma was the playmaker and Ryan Wytrych was unbeatable at fullback. The Ball Hogs turned up the heat at the end of the third game breaking a 2-2 tie with three quick goals led by Anthony DePalma and Thomas Albano with only minutes left in the game.

This win qualified them for the semi-finals, and the boys kept up the momentum. Led by Ryan Wytrych, who only allowed one goal to get by, and Steven Donah, who scored three goals along with Anthony DePalma's two goals, the Ball Hogs won convincingly, 5-1, to earn a rematch with Belchertown for the championship.

Thomas Albano was the fireplug in this contest, along with Steven Donah, who scored the game's only goal to win 1-0 and bring the Gold Medal home to Agawam.

Congratulations to these four young boys and their coaches for representing our town with sportsmanship and great soccer playing!

Turners Wiffleball League Seeks Teams & Player For Fall League

Turners Wiffleball League is seeking teams and players for its fall league. Games will be played on Saturday and Sunday mornings through October.

Saturday and Sunday mornings through October.
The league games are played at the Springfield Turnverein, which is located on Garden Street in Agawam.

For more information, please call the Wiffleball commissioner, Dean Hoppe, at 789-3677.

Come and join the fun!

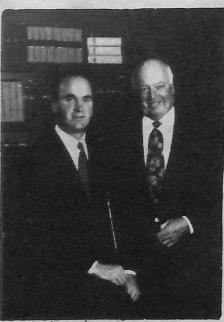


THESE "HOGS" — members of the Ball Hogs, that is — brought the "bacon" (a.k.a. the gold medal) home to Agawam after the recent "Shoot It Out" Three-On-Three Soccer Tournament in Ludlow: Ryan Wytrych, Assistant Coach Tony Albano, Steven Donah, Thomas Albano, Anthony DePalma, and Coach Tony DePalma.

ATTENTION SOCCER COACHES PIONEER VALLEY TEAMS: We will once again accept small write-ups and updates of your team to be printed in the "Sports" pages each week. The deadline is Tuesday at 12:00 noon. Please type (double-spaced) or print very legibly. We will assemble all the little articles under the "Pioneer Valley Soccer" headline each week.

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(Sign up at start times and then tryouts begin immediately. Those who already have signed up need not sign up again.)



Girls 5th/6th grade teams:

Tuesday, September 8th, 5:00 to 7:00 p.m. at the Junior High Tuesday, September 15th, 5:00 to 7:00 p.m. at the Junior High Tuesday, September 22nd, 5:00 to 7:00 p.m. at the Junior High

The AAA is planning to field a 5th/6th grade girls A team and B team. The final sign-ups will be on September 15th, with September 22nd being used as a final date for tryouts if necessary.

Girls 7th/8th grade teams:

Tuesday, September 8th, 7:00 to 9:00 p.m. at the Junior High Tuesday, September 15th, 7:00 to 9:00 p.m. at the Junior High Tuesday, September 22nd, 7:00 to 9:00 p.m. at the Junior High

The AAA is planning to field a 7th/8th grade girls A team and B team(s) if the numbers warrant. The final sign-ups will be on September 15th, with September 22nd being used as a final date for tryouts if necessary.

Boys 5th/6th grade teams:

Friday, September 11th, 5:00 to 7:00 p.m. at the Junior High Friday, September 18th, 5:00 to 7:00 p.m. at the High School Friday, September 25th, 5:00 to 7:00 p.m. at the Junior High

The AAA is planning to field a 5th/6th grade boys A team and B team. The final sign-ups will be on September 18th, with September 25th being used as a final date for tryouts if necessary.

Boys 7th/8th grade teams:

Friday, September 11th, 7:00 to 9:00 p.m. at the Junior High Friday, September 18th, 7:00 to 9:00 p.m. at the High School Friday, September 25th, 7:00 to 9:00 p.m. at the Junior High

The AAA is planning to field a 7th/8th grade boys A team and B team. The final sign-ups will be on September 18th, with September 25th being used as a final date for tryouts if necessary.

3rd & 4th Grade Boys & Girls

The AAA hopes to field a 3rd/4th grade boys team and a 3rd/4th grade girls team in the area CYO league. This league is developmental and competitive. Sign-ups only will be Tuesday, September 8th, and Tuesday, September 15th, from 6:00 to 8:00 p.m. at the Junior High.

PARENTS: The AAA is a long-time member in good standing with both the girls and boys Suburban Basketball Leagues and girls and boys CYO Leagues. The AAA is a private, non-profit organization comprised of volunteer coaches who live in Agawam and Feeding Hills. The AAA works in close cooperation with the Town of Agawam to coordinate use of town gyms. For further info, call AAA President Bob Hersey at 786-2979 (between noon and 4:00 p.m., weekdays), Vice-President Scott Skolnick at 786-0111 (evenings), or Secretary Ric Sardella at 786-7747 (days) or 789-2005 (evenings).

Repeat Winners **Tighten Points Races** At Riverside Speedway

Ted Riggott Wins 5th, Eddy Spiers' Points Lead Cut To Two Points

Defending Track Champion Ted Riggott won his fifth race of the 1998 season at Riverside Park Speedway, while points leader Eddy Spiers' 18th place finish tightened the \$10,000 NAPA Modified points race to four points among three drivers. The win was Riggotts' 15th career win at the park. The seven-division NASCAR Winston Racing Series program, presented by ACME Auto and American Saw, included the awarding of two track championships. Craig Collins of Enfield, Connecticut won the 1998 Super Stock Championship with a seventh-place finish in the 25-lap feature. Cheryl Reilly of Northford, Connecticut captured the Mini Stock title by finishing second in the feature.

Other feature winners were Barry Gray in the Serv-U Auto Supply Pro Stock Division, Rob Valerio in the Teddy Bear Pools Truck Division, Jon Waterhouse in the Sportsman Division, Mark LaJoie in the Super Stock Division, Juris Kupris, Jr. in the Mini Stock Division, and Bob Pinette in the Figure 8 Division.

Riggott, who started seventh, moved into the lead on lap 36 after getting past Richie Gallup in a classic battle for the lead. Riggott sliced and diced his way past Gallup, and then held off a red hot Ricky Miller to win the 50-lap feature. Miller finished second, followed by Gallup, Dan Avery, and Renee Dupuis in fifth.

Spiers' misfortunes trimmed his points lead to

Renee Dupuis in fifth.

Spiers' misfortunes trimmed his points lead to a mere two points over defending New England Regional Champion Jimmy Broderick. Rob Summers, who held the lead for several weeks before relinquishing it to Spiers' on August 22nd, finish seventh and now sits in third place, only six points behind Spiers. The NAPA Modified Division title will be decided on September 5th after a

Gray, of Belchertown, MA, earned his second win of the season after passing Jeff Horn on the white flag lap. Horn finished second, followed by Jim Mavlouganes, Les Hinckley III, and Todd Owen in fifth. Defending Track Champion Eddy Carroll III finished 21st, cutting his points lead to 14 points over Owen. The Serv-U Auto Supply Pro Stocks will also run 150 laps on September 5th to close out their season.

Rob Valerio of New Britain, Connecticut joined his sister, Kris, as the only repeat winner in the Teddy Bear Pools Trucks in 1998. Brian Merchant was second, followed by Mike Duquette, EJ Legacy, and Chuck Docherty in fifth. Ted Chalmers finished eighth, bringing his points lead to 34 points over Skip Breunig.

to 34 points over Skip Breunig.

The Sportsman and the Figure 8 Divisions will also close out their seasons on September 5th. Jon Waterhouse regained the points lead in the Sportsman division after winning the 25-lap feature in borrowed car. Finally, Bob Pinette also made his second trip to the Winners' Circle with a close win over his younger brother, Dan.

Modifieds, SK Modifieds, Pro Stocks, Trucks, Sportsman, Super Stocks, Outlaw Mini Stocks, and Outlaw Late Models will close out the New England racing season at Riverside Park Speedway on October 31st and November 1st with the Enfield Pontiac 400.

Riverside Park Speedway's Unofficial Finishes For Saturday, August 29th

NAPA Modified Division (50 Laps)

1. Ted Riggott of East Hartland, CT.

2. Ricky Miller of Agawam, MA.

3. Richie Gallup of Agawam, MA.

4. Dan Avery of Somers, CT.

5. Renee Dupuis of Glastonbury, CT.

6. Jimmy Broderick of Brookfield, CT.

7. Rob Summers of Manchester, CT.

8. Ken Marques of Canton, CT.

9. Dave Berube of Bristol, CT.

10. Bill Bolton of Enfield, CT.

11. Mike Christopher of Wolcott, CT.

12. Eric LeClair of Chicopee, MA.

13. Todd Owen of Somers, CT.

14. John Lobo, Jr. of Southampton, MA.

13. Todd Owen of Somers, CT.
14. John Lobo, Jr. of Southampton, MA.
15. Fran Principi of Monroe, CT.
16. Brian Schofield of Monson, MA.
17. Dave Gallo of Kensington, CT.
18. Eddy Spiers of Beacon Falls, CT.
19. Brad Hietala of Ellington, CT.
20. Bill Anderson of Plantsville, CT.
21. Joe Czarnecki of Westfield, MA.
22. Patrick Townsend of Springfield MA

22. Patrick Townsend of Springfield, MA. 23. Chris Kopec of Ware, MA.

Teddy Bear Pools Truck Division (30 Laps)
1. Rob Valerio of New Britain, CT.
2. Brian Merchant of Wilbraham, MA.

2. Brian Merchant of Wilbraham, MA.
3. Mike Duquette of Northampton, MA.
4. E.J. Lagacy of Agawam, MA.
5. Chuck Docherty of Springfield, MA.
6. Skip Breunig of Milford, CT.
7. Gee Perry of Granby, CT.
8. Ted Chalmers of Holyoke, MA.
9. Kris Valerio of Bristol, CT.
10. P.J. Pelc of South Deerfield, MA.
11. Mike Salmond of Ludlow, MA.
12. Pat Kretschman of Shelton, CT.

12. Pat Kretschman of Shelton, CT.

13. Scott Ciak of Agawam, MA.

14. Ernie Tarca of East Granby, CT.

15. Rit Dulac of Plantsville, CT.

Serv-U Auto Supply Pro Stocks (40 Laps)

1. Barry Gray of Belchertown, MA.

2. Jeff Horn of Tolland, CT.

3. Jim Mavlouganes of Wethersfield, CT.

4. Les Hinckley III of Windsor Locks, CT.

5. Todd Owen of Somers, CT.

6. Jay Miller of East Granby, CT.

7. Patrick Townsend of Springfield, MA.

8. John Lobo, Jr. of Southampton, MA.

9. Tom Fearn of Agawam, MA.

10. Tom Dileo of Winsted, CT.

11. Blaine Belz of Moodus, CT.

12. Jim Banfield of South Glastonbury, CT.

13. Tim Strojny of Southampton, MA.

14. Craig St. Germain of Enfield, CT.

15. Ron LaPerche of Pawtucket, RI.

16. Rick Turcotte of Hampden, MA.

17. Bobby Ermark of Norwalk, CT.

18. Bennett Fuller of Enfield, CT.

19. Sonny Fiega of Springfield, MA.

19. Sonny Fiega of Springfield, MA. 20. Rich Vasseur of Ellington, CT. 21. Eddy Carroll III of Suffield, CT. 22. Jeff Connors of Ellington, CT.

Figure 8 Division (20 Laps)
1. Bob Pinette of Bristol, CT.

2. Don Pinette of Bristol, CT.

3. Erik Comstock of West Haven, CT.

4. Leon Goulet of Southwick, MA. 5. Betty Anne Dobosz of Windsor Locks, CT.

Agawam Gridiron Parents To Sponsor Welcome To Football Night" At AHS

The Agawam Gridiron Parents are sponsoring "Welcome to Football Night" Tuesday, September 8th at 7:00 p.m. in the Agawam High School Faculty Dining Room.

All parents and grandparents are invited to this important and informative meeting. If your son is new to the team as a freshman or as a sophomore, junior, or senior, you may have some questions on

Agawam head football Coach Dean Vec-chiarelli will speak about the football program. Curt Fuller, Agawam Gridiron Parents' copresident and parent liaison, will outline the activities of the Booster Club. Also, the scholarship program for the players will be explained.

There are six home games this year as well as the junior varsity and freshman games, so we ned

your help in supporting our team.
Football merchandise will be awarded to those in attendance. Refreshments will be served. Come meet your AHS football family! We are looking forward to meeting you and enjoying a great 1998 football season!!

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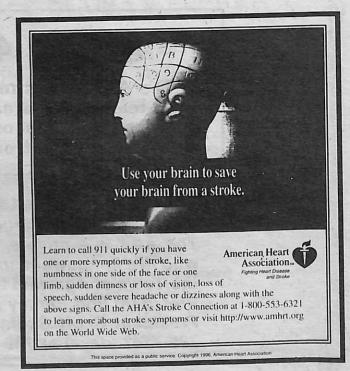
 John Albert of Southwick, MA.
 Brian Montgomery of Chesire, CT. 8. Roland LaJoie. 9. Jeff Asselin of Springfield, MA.
10. Roger Macznik of West Springfield, MA.
11. John Gagnon of Westfield, MA.
12. Steve Palmer of Watertown, CT. 13. Mike Gigantino of East Haven, CT.

Sportsman Division (25 Laps)
1. Jon Waterhouse of Berlin, CT. Jon Waternouse of Berlin, C1.
 Bill Reiman of Southington, CT.
 Doug Goetz of Danbury, CT.
 Herb Carlon of Windsor, CT.
 Ed Charette of Plainville, CT.
 Paul Mercadante of Southampton, MA.
 Glen Reilly of Northford, CT.
 Dennis Charette of Southington, CT.
 Pick Leavitt of Canton Contar, CT. 9. Rick Leavitt of Canton Center, CT.
10. Tony Keilty of Torrington, CT.
11. Keith Carzello of Enfield, CT.
12. Andy Breen of Northampton, MA. 12. Andy Breen of Northampton, MA.
13. George Colton of Somers, CT.
14. Mike Chaves of South Windsor, CT.
15. Dennis Brilla of Plantsville, CT.
16. Chris Drouin of Bristol, CT.
17. Kevin McQuillan of Stratford, CT.
18. Henry Petrie, Jr. of Southwick, MA.
19. Jason Lafayette of Windsor, CT.
20. David Birkenshaw of Somers, CT.
21. Robert Bahre of Canton, CT.
22. Scott Bigelow of Kensington, CT.
23. Beau LeBeau of Somers, CT.

Mini Stock Division (20 Laps)
1. Juris Kupris, Jr. of Storrs, CT.
2. Cheryl Reilly of Northford, CT.
3. George Correta of Millerd, CT. John Constantini of Milford, CT. 5. David Evans of Torrington, CT.
6. David Banville of Somerset, MA.
7. Pete Aiello of West Haven, CT. 8. Robert Leach of Broad Brook, CT. 9. Toby Clauser of Cromwell, CT. 10. Daryn Hellberg of Enfield, CT.
11. Bill Mahoney of Woodbury, CT.
12. Frank Howic of Bristol, CT. 13. Nick Pappacoda. 14. Will Smith of Enfield, CT.

Super Stock Division (25 Laps) Mark LaJoie of Norwalk, CT.
 Keith DeSanctis of Monson, MA. 3. Ed Ricard of Vernon, CT.
4. Bryan Cote of West Springfeild, MA. Bryan Cote of West Springfelld, MA.
 Jonathan Yourga of Amherst, MA.
 Paul Gaedeke of Southington, CT.
 Craig Collins of Enfield, CT.
 Carl Holmgren, Jr. of East Hartford, CT.
 Travis Lucia of Enfield, CT.
 Gerald Durand of Chicopee, MA.
 Mike Perpendict Wallingford, CT. 11. Mike Bernardi of Wallingford, CT.
12. Mike Kluczinsky of Oxford, CT.
13. Walt Radeziszewski of West Haven, CT. 14. Ray Griffen of Ellington, CT.
15. Jonathan Burelle of West Hartford, CT.
16. John Provencher of Enfield, CT.
17. John Anzalone, Jr. of Norwalk, CT.
18. Danny Tiani of Norwalk, CT.
19. Norm Ashline of Springfield, MA.
20. Donald Chretien of Springfield, MA.
21. Travis Downey of Collinsville, CT. 21. Travis Downey of Collinsville, CT.

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Outdoors New England

by Kent Servis **Outdoor Writer**

Head To The Surf...

Now that Labor Day is just around the corner, Rhode Island beaches are about to open up to four-wheel drive surf casters.

From the first part of September through November, the fall migration of stripers and bluefish provides plenty of action for the beachbound angler.

Areas such as the beach by Quonny breachway and Watch Hill Light become accessible. Make sure that you have a Rhode Island beach permit, and get to it!

First light usually comes about the same time as the schools of bait fish get herded towards the beach by hordes of slammer blues or good-sized striped bass. Swimming plugs, as well as surface poppers and Bluefish Bombs, will entice the feeding fish to such an extent that you may have

to stop fishing in order to rest your weary arms.

During the night hours, a chunk bait cast beyond the breakers will often produce both stripers and blues. Rather than casting plugs until you are totally arm weary, your bait rig can act as an early warning system, signaling the arrival of

Look for spots on the beach that seem somewhat different from the flat expense of sand. Scooped-out areas are a good indication that the current is at work. Rock piles or sand bars beyond the wave line probably created this type of spot and are likely to be real magnets for predator fish.

By the time you read this, I will be about 90 miles offshore on a three-day tuna safari with the Yankee Captains out of Gloucester. This is the first multi-day overnight trip of the tuna season.

If Hurricane Danielle does not foul things up — and the conditions are good — fish could happen! I will give a full report on the offshore action next

FISH REPORTS
FRESH WATER
Connecticut River smallmouth action has been fairly steady. Schoolie stripers are still being taken above the Enfield Dam.

Valley streams are giving up a few nice trout.

Try dawn or early evening.

Hampden Ponds are producing some mediocresized largemouth in abundance, with a few larger fish taken occasionally.

SALT WATER

The Race and Plumb Gut have been giving up both stripers and blues. The night bite at Alligator Ledge is reported to be fantastic.

Surf fishermen have been hitting bass and blues from the beach all along the Rhode Island shore. Charlestown and Quonny breachways have been hot. Some decent action at Watch Hill and in

front of the "pink house. Boat anglers are still scoring on good-sized

bass trolling parachutes on wire.

Fluke action has moved to deeper water. Try working your fluke rigs on the deep side of rips in 40 to 60 feet of water. The last two hours of an ebbing tide have been producing best.

Offshore action is heating up with yellowfin catches increasing. Albacore and bonnito are also making a strong showing.

Parks & Rec. Dept. **Taking Applications** For Several Positions

The Town of Agawam's Parks and Recreation Department has announced that applications are currently being accepted for the following posi-

Water Safety Instructor, Swim Team Co-Coach, Assistant Swim Team Coach, Program Supervisors, and Basketball Officials.

Applicants must be 16 years or older to be eligible for employment. Salary ranges are dependent

upon position and experience. Applications are available at the Recreation Office, 760 Cooper Street, Agawam, MA 01001. For more information, call the Agawam Recreation Department at 821-0514.

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ADVERTISER NEWS



Golf Tip Of The Week... Compiled by Jim Modzelesky, PGA
Oak Ridge Golf Club,
Feeding Hills, MA

Let Your Right Hand Hit The Putt...

When I come across a student who has trouble keeping his putts on line, I ask him to grip the putter so that both the palm of his right hand and the blade of the putter are facing the target. Then I ask him simply to swing his right hand back and through, using a stiff-wristed stroke.

By keeping the right palm and the blade parallel and swinging that right hand, he soon starts rolling the ball straight.



Riverside Track Championships To Be Decided On Sept. 5th

\$10,000 Prize On The Line For The NAPA Modified Division

The NASCAR Winston Racing Series comes to a close at Riverside Park Speedway on Saturday, September 5th, with a five-division program. The NAPA Modifieds and the Serv-U Auto Supply Pro Stocks will each run 150 laps for their season finale, which will also be counted as the third leg of the Budweiser Triple Crown Series.

Championship contender Eddy Spiers says he feels confident heading into the end of the season. "I feel very confident because of the way the car is running," says the Beacon Falls, Connecticut driver. Spiers says the key to the championship is consistency. "Consistency gets you to the top; you have to be in the top five or four consistently." The NAPA Modified division champion will receive \$10,000 on September 5th.

In addition to the season title, Modified and Pro-

In addition to the season title, Modified and Pro Stock drivers will also be contending for the Bud Triple Crown. The Bud Triple Crown consists of three events; the first two were held on June 23rd (75 laps) and July 4th (100 laps). The Budweiser Triple Crown Series has a \$6,000 point fund for the

two participating divisions.

Eddy Carroll III of Suffield, Connecticut, is a two-time defending track champion and currently leads both the overall point standings in the Serv-U Auto Supply Pro Stock division and the Bud Tri-ple Crown Standings for the Pro Stocks. Todd Owen of Somers, Connecticut, is current-

ly second in the Pro Stock point standings, and he says Carroll will be all-but-impossible to catch. "The only thing that can beat Eddy (Carroll) is himself," says Owen. "If he stays consistent like he has been, it's going to be pretty tough to beat

him."
Director of Auto Racing Joe Lewandoski says he is very satisfied with the level of competition at the park in 1998. "When I look back on this season, I am amazed," says Lewandoski. "We've had a tremendously competitive season in all of our divisions, and an incredible points battle right down to the last event." Also closing out their season on September 5th will be the Teddy Bear

Pools Trucks, Sportsman, and Figure 8's.

Modifieds, Pro Stocks, Trucks, Sportsman,
Super Stocks, and Mini Stocks will return to action at Riverside Park for the Enfield Pontiac 400. Practice for this season-ending event takes place on Friday, October 30th, with qualifying on October 31st and feature races on Sunday, November 1st. Outlaw Late Models and SK Modifieds will also be included in this sinch division.

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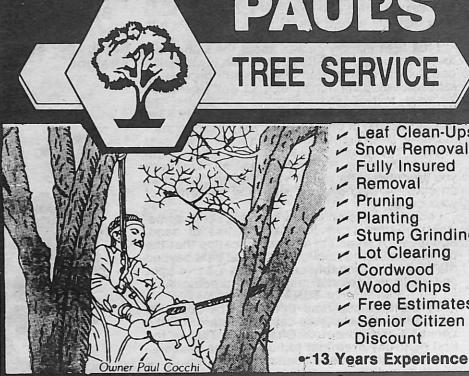
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condo for sale: For sale by owner, available immediately, less than ½ mile from Rt. 57. 2 bedroom, 1½ baths, full basement. Low \$50's. Call (413) 789-1298.

WANTED

DISTRIBUTORS WAN-TED: InteleCom, Inc., 1-413-788-7007. Dial 1 long distance; 8.9 cents per min. State to state, 18 sec. min., 6 sec. billing. 24 hrs. a day, 7 days a week. No codes, no fees; business & residential. "We're not just all talk."

HELP WANTED: Food Service-Suffield, CT School Lunch; Parttime Substitute Positions; 2½-3 hours per day as needed; M-F; Call 668-3825 for application.

BABYSITTER WANT-ED: Tuesday & Thursday, 3:15 to 7:00. Starting Sept. 10th. 19 month-old & 8 monthold. 15 yrs. or older; non-smoker. Call 786-6148. BABYSITTER NEEDED: Tues. & Wed. from 4:15 until 9:00 or 10:00 p.m. 1 child, age 7, Agawam Center area. Please leave message, 821-8896.

PART-TIME HELP WANTED: No weekends & steady hours! M-F. Start between 4:00 p.m. & 5:30 p.m. Office cleaning in Suffield (off Rt. 75) & Enfield. We offer paid holiday/training. (860) 741-0827. EOE.

HOUSE SHARING: Feeding Hills Center. Share refurbished historic home. No smoking, no pets. \$275 per month plus 1/3 utilities. Call (860) 668-0112 after 6:00 p.m.

LOST

LOST: Female Himalayan cat. Long white hair w/grey markings on ears, "tail, paws, and face. Big blue eyes and pink collar. Agawam's River Road area. Sadly missed by family. Please call 789-1479. Reward offered.

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Our office will be closed on Labor Day; we will reopen on Tuesday, September 8th.

Classified ads cost just \$10 for 30 words or less; however, we DO NOT take them over the phone. Mail them with payment to P.O. Box 263, Feeding Hills, MA 01030, or bring them to our office.

JNVITATION FOR SNOW REMOVAL QUOTES AGAWAM HOUSING AUTHORITY

Open competitive quotes sought for snow plowing and snow removal at seven locations until Monday, September 21, 1998 at 3:00 P.M. at the office of the Agawam Housing Authority at 66 Meadowbrook Manor, Agawam, MA 01001. Specifications are available at the office upon request. Acceptable contractor(s) will supply necessary insurance documentation as required.

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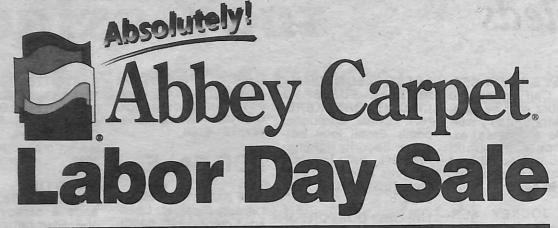
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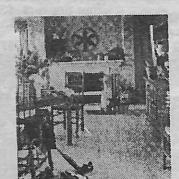
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